

"Life's persistent and most urgent question is, 'What are you doing for others?'"
— Dr. Martin Luther King Jr. January 15, 1929-April 4, 1968
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Mountain Views News

Where Your Community News Comes First

Sierra Madre — Arcadia — Pasadena — Altadena — Duarte — Monrovia

SATURDAY, JANUARY 19, 2013

VOLUME 7 NO 3

SONIA NEEDS YOUR HELP

In February, 2012, the Sierra Madre community was asked to come forward and assist Sonia Kosker, a former employee of Taylor's Meats for more than six years. Sonia had been diagnosed with advanced lung cancer that had metastasized to other organs, including her brain. With no health insurance and trying to raise two daughters, she desperately needed help.

Too sick to continue working, the challenges have been many. Her share of costs for medical expenses is an outrageous \$875.00 per month because the money she receives from disability payments precludes her from receiving full medical/medi-care coverage. She barely has enough money to make it another month.

One friend, Glenda Vanni of Arcadia, who knew Sonia initially only from shopping at Taylor's, sent out a call to the community for help and the community responded in a mighty way. You see, Sonia, like all of the staff of Taylor's Meats, was always willing to go that extra mile and help her customers, which was greatly appreciated, so coming to her aid in a time of crisis was something people were more than willing to do.

So, for the next 11 months, while friends helped her spiritually, financially and physically, she has battled the disease that has no cure. Sonia even faces that challenge with a most positive spirit. She believes that she will overcome the cancer, despite the deteriorating condition of her body. She still hopes and speaks of tomorrow, when things will get better, and her family and friends have chosen not to tell her anything different.



However, Sonia has been placed on Hospice Care in her home as of Friday. She barely has funds to sustain herself for another month and is too ill to really be aware of it. According to Vanni, this single mother, who has worked her entire life and raised two daughters primarily by herself, is at the end of her life journey without the resources to wrap up her affairs.

As a result, Vanni who has been posting updates on Sonia's condition at Taylor's, is asking the community once again to help provide for Sonia in these last days. "If you would like to make a donation it would be greatly appreciated. On behalf of Sonia, we appreciate your kindness," says Vanni. Donations can be made at Taylor's Meats in Sierra Madre. S. Henderson/MVNews

ANTONOVICH ASKS PUC TO ENFORCE UTILITY REGULATIONS VIOLATED BY EDISON DURING 2011 WINDSTORMS

LOS ANGELES COUNTY — In a motion introduced for the January 22 Board agenda, Supervisor Michael D. Antonovich has called for the Public Utilities Commission to enforce regulations violated by Edison in the 2011 windstorms.

"The PUC investigative report revealed that Edison destroyed evidence that should have been available to inspectors, used substandard utility poles, and failed to conduct emergency training exercises," Antonovich said. "Edison's failure to comply with common industry standards resulted in prolonged outages, unnecessary damage, a complete customer communications blackout -- and ultimately, an increased threat to public safety."

creased threat to public safety."

In December 2011, powerful windstorms swept through the San Gabriel Valley and San Fernando Valley knocking down 200 utility poles, uprooting 1,300 trees, and leaving 439,000 customers without power for more than seven days. The utility company's response to the disaster led the Consumer Protection and Safety Division of the California Public Utilities Commission to investigate.

Their report released Monday concluded that:

Edison failed to preserve evidence for inspection by the Consumer Protection and Safety Division that proved their actions led to unnecessary damage and prolonged outages.

Twenty-one of Edison's utility poles and 17 guy wires did not meet industry safety requirements.

Several conductors showed signs of pitting and deformation indicating they failed to meet industry safety requirements.

A lack of vegetation management by Edison may have contributed to utility pole failure.

Edison did not dispatch dedicated staff to contact its 397 critical care customers during the incident.

Edison did not deploy a reverse-911 system to automatically contact its customers of an outage in a particular area.

Edison provided the public inaccurate restoration time estimates.

Edison did not implement in-person "door-to-door" outreach activities during emergencies.

Edison did not request mutual assistance from other utilities or the California Utility Emergency Organization (CUEO) which could have reduced restoration times.

Edison's Corporate Emergency Response and Recovery Plan is outdated, and some of its points of contact included retired PUC staff.

Edison representatives lacked specific operational knowledge and authority when contacted by the public and government entities.

Edison violated safety requirements by failing to conduct all of its emergency training exercises.

Antonovich's motion also directs the County's Office of Emergency Management to provide the Board of Supervisors with quarterly reports on Edison's compliance correcting these deficiencies.

BURGLARIES IN SIERRA MADRE AND SURROUNDING CITIES ON THE RISE

It appears from the barage of press releases from local law enforcement in Sierra Madre, Arcadia, Duarte and other cities, that the predictions are true. With the implementation of California's Early Release program, the anticipated increase in crime has come to pass, especially residential and commercial burglaries and other property crimes. Since January 1st in Sierra Madre alone, there have been more than a half dozen burglaries with the most recent occurring on Thursday afternoon.

In an interview with SMPD Chief Larry Giannone late last year when the increase first started, thieves have expanded their targets beyond the theft of televisions, computers, etc. They are now also interested in stealing information that can be used for identity theft, such as mail, credit card statements, social security cards, etc.

According to Lt. Len Hundshamer at press time no arrests had been made in connection with the incidents and it is not clear at this time whether it is "teams or independent operators" carrying out these crimes.

Commercial Burglaries Also Increasing

In neighboring Pasadena, in the commercial area where Albertson's is located, four small businesses were broken into on Monday evening. Representatives of the Molly Maid franchise reported had their front door smashed and petty cash and other items that were inside taken. In addition, at least two other businesses were also broken into that night. The Pasadena police department had not responded to our calls regarding these incidents at press time.

In a press release sent out by the City of Sierra Madre this week, officials stressed the importance of calling 911 and reporting any suspicious behavior or crimes. (See inset)

Neighborhood Watch

The SMPD has been encouraging residents for some time to organize Neighborhood Watch Groups in their area. More than one crime has been averted because of an alert neighbor who contacted police. As reported on the SMPD's website:

"The Sierra Madre Police Department invites you to join them in combating crime by becoming a Block Captain or volunteering to host a Neighborhood Watch meeting on your block. Getting involved enhances the quality of life in your neighborhood by making it a safer place to live. Neighbors looking out for one another and reporting suspicious activities to police at an early stage, promote crime prevention and the timely apprehension of criminals."

Want to start a neighborhood watch program on your block? Call Sgt. Ruben Enriquez at (626) 355-1414.

Want a home security inspection? Call Sgt. Ruben Enriquez at (626) 355-1414.

The Sierra Madre Police Department offers you the following crime prevention tips:

- Always lock the doors to your home and your cars.
- Use deadbolt locks and other secure locking devices.
- Use your alarm system, if you have one, and check it periodically to insure that it is in working order.
- Use motion sensor lights around your home.
- Keep valuables out of sight, especially valuables left in your car.
- Notify your neighbors when you will be away for an extended period of time.
- Request extra patrol service from the Sierra Madre Police Department when you are going to be away from home.
- Always be aware of your surroundings.

The Importance of Calling 9-1-1

The City of Sierra Madre and neighboring communities are experiencing an increase in burglaries and other property crimes which is likely attributed to the California's corrections realignment plan, one of the most significant changes to California's criminal justice system in decades. City Officials and the Police Department want to remind residents to remain vigilant and to immediately call 9-1-1 to report any crimes in progress.

Residents should call 9-1-1 to report any police, fire, or medical emergency, including:

- Crimes in progress or crimes that have just occurred
- Suspicious activity or behavior
- Fights or domestic violence
- Suicide attempts
- Building fires, brush fires, trash fires, or any other fires
- Traffic accidents
- Any medical emergency for which immediate care is needed
- Vicious animals -- but not a bear walking through the neighborhood or yard

Please do not call 9-1-1 to report any non-emergency problems or to ask questions; instead, please call the Police Department's non-emergency line at 626.355.1414.

When you call 9-1-1, a Sierra Madre Dispatcher will answer your call and request information about your emergency, including:

- Your exact location, or as much information about your location as possible
- The nature of the emergency (someone has a gun, the house is on fire, a neighbor collapsed, etc.)
- How many people are injured, if any?
- Names and descriptions of the people involved in the emergency or situation
- Any conditions which could make the situation unsafe for responding personnel or bystanders (weapons, gas leaks, disabled vehicles, animals, etc.)

Stay on the line until the dispatcher hangs up. You may be able to provide the dispatcher with additional information as emergency personnel respond, or the dispatcher may be able to provide you with emergency instructions.

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Weather Wise

5-Day Forecast

Sierra Madre, Ca.

Mon:	Sunny	Hi 80s	Lows 40s
Tues:	Sunny	Hi 80s	Lows 40s
Wed:	Sunny	Hi 70s	Lows 50s
Thur:	Sunny	Hi 70s	Lows 40s
Fri:	Ptly Cldy	Hi 70s	Lows 40s

Forecasts courtesy of the National Weather Service

CITY OF SIERRA MADRE
CALENDAR OF EVENTS

Unless otherwise noted, all meetings listed below are held at City Hall 232 W. Sierra Madre Blvd. Sierra Madre, Ca. 626-355-7135

NEXT CITY COUNCIL MEETING:
January 22, 2013 6:30 pm

1/21		Creative Arts Winter Session begins
1/22	6:30	City Council Meeting at the Council Chambers
1/23	1:00	Senior Movie Program - Council Chambers
1/23	7:00	Library Board of Trustees Mtg at the Council Conference Room
1/24		Sierra Madre CERT Training
1/25		Sierra Madre Chamber Citizen of the Year Dinner
1/26		Sierra Madre Woman's Club - Author's Luncheon
1/28	6:00	Community Services Commission Meeting at the Council Chambers (6:30pm)
2/7		Coordinating Council Meeting
Every Wednesday - Farmer's Market		

1630 AM
EMERGENCY RADIO &
Free on-air publicity for local events

Sierra Madre's EMERGENCY radio station is now accepting scripts for Public Service Announcements (PSAs) about community events. PSAs will be broadcast on the air at no charge. The station operates 24/7 and can be heard at 1630 on the AM dial.

Any local non-profit or non-commercial organization can have their event information broadcast to the public on *Sierra Madre Community Information Radio*. The station covers the city of Sierra Madre, plus surrounding areas of Pasadena, Arcadia, and Monrovia. Your event must:

- Benefit a non-commercial or non-profit entity
- Be open to the public
- Be of general interest to local citizens

Just write a Public Service Announcement that describes your event and e-mail it to radio@cityofsierramadre.com.

RADIO FISHBOWL
THIS WEEK

MONDAY - 10 - 11 am
Barry, Rich & Lisa Show
Trivia and Humor at it's finest. Just try to keep up with their wit!
JOIN THE FUN!!!

WEDNESDAY - Noon
Carol Canterbury's,
'CANTERBURY TALES'

Carol and Tina Salvatore interview Gina Garcia joins Carol and Tina. Gina is an award winning documentary producer, and designer of the Pedicab.

THURSDAYS - Noon
OUR TRAVEL AFFAIR

Robert Lesko is Catherine's guest. Robert is a successful stage Actor with "Circus Theatricals Studio Ensemble".

FRIDAY - Noon
VILLAGE INTERSECTIONS - Gene's guest is Amy Putnam, President of the Sierra Madre Historical Society.

Set your smart phone and or computer browsers to www.RadioFishbowl.com.



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THE SIERRA MADRE KIWANIS CLUB

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Sierra Madre Rotary Club

Meets Tuesdays 7-8:30 a.m.
222 W. Sierra Madre Blvd.
The Hart Park House



As part of our club's lively weekly meetings, dynamic speakers are scheduled on Rotary's service interests, local community topics and general appeal subjects.

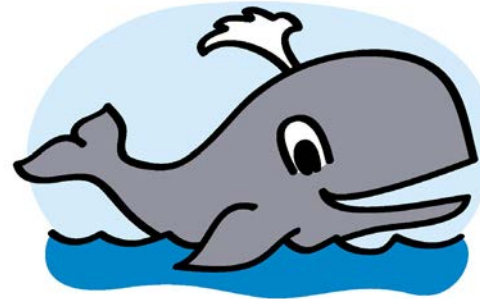
Sierra Madre Rotary operates an active high school service group, the Interact Club, participates in Rotary scholarship, music and essay competitions, raises funds for local and Rotary Foundation causes, recognizes exemplary teachers, offers mini grants for worthy projects, hosts the yearly Elvis in the Park concert and donates hundreds of service hours to community events like the Wistaria Festival, Dickens Village and July 4th Parade.

Visitors are heartily welcomed to meetings. For more information, please visit our website or contact Peggy Beauregard at peggybeau@gmail.com and visit our Facebook page Rotary of Sierra Madre.

www.SierraMadreRotary.com

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SIERRA MADRE WHALE
WATCHING EXCURSION

Sierra Madre, CA. January 17, 2013

Join the Community Services Department for its annual Whale Watching excursion on Saturday, March 2, 2013. Enjoy a two and a half hour narrated tour by Aquarium of the Pacific staff, charter boat with a two level viewing deck, and transportation to and from Long Beach. Snacks are available for purchase on the boat, or lunches can be brought aboard. For more information call 626-355-5278.

Date: Saturday, March 3, 2012

Time: 10:00am - 3:30pm

Cost: \$31.00 per person

Registration Deadline: Tuesday, February 19, 2013

Transportation leaves from the Community Recreation Center, 611 E. Sierra Madre Blvd., Sierra Madre, CA 91024.

SIERRA MADRE OLDER AMERICAN
OF THE YEAR NOMINATIONS NOW
ACCEPTED

The City of Sierra Madre Community Services Department and the Senior Community Commission is seeking your assistance to find the 2013 Older 'Sierra Madre' American of the Year. Nominated individuals must live in Sierra Madre, demonstrate outstanding community service and be age 60 or older. Nomination forms can be obtained from the Hart Park House Senior Center, Community Recreation Center, City Hall, Sierra Madre Public Library or by contacting the Senior Services Desk at (626) 355-7394.

Nominations are due by Monday, February 18, 2013 and can be dropped off at the Hart Park House Senior Center or mailed to City of Sierra Madre, c/o Older American Nomination, 232 W. Sierra Madre Blvd, Sierra Madre, CA 91024. The Senior Community Commission will discuss nominees and announce the honoree at their regular scheduled meeting on March 7, 2013 in the Sierra Madre City Council Chambers. The honoree will also be recognized at a reception held in their honor on May 10, 2013.

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January 21, 2013

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FAREWELL DEAR BERNIE

A friend to people of all ages, BERNIE, the beloved Great Pyrenees certified therapy dog has passed away.

A familiar sight walking around town with his owner, Lois Longo, Bernie was seven years old when he passed on January 6th.

Certified as a puppy, at just 9 months old, Bernie brought his special brand of joy to the young and old. He was often found entertaining children at the Arcadia Library's Bark For Books Program (left) and was a regular visitor to outdoor events, especially Sierra Madre's Concerts In The Park. This year, Bernie even participated in the city's Fourth of July Parade as part of the St. Rita's delegation. He was a real inspiration to those dealing with health challenges, especially at Children's Hospital and as a 'therapist' working with Vitas Hospice.



Bernie and Lois at Arcadia Library's Bark For Books Program
Photo courtesy Arcadia Public Library



Sierra Madrean Ken Anhalt, Bernie and Lois at Memorial Park in 2011.
Photo by S. Henderson, MVNews

A big guy (135lbs before he became ill), with a big heart, he will be missed. Lois intends, however to continue her Ministry and will look for another dog to carry on Bernie's legacy.

LOVE IS DEFINITELY IN THE AIR

During the month of December, Wedding Bells rang for at least four happy couples in Sierra Madre. All well known local celebrities! Where's TMZ when you need them?

Have you noticed big, beaming smiles on some of the faces around town? Take our Director of Human Resources and Public Information Officer, the former Elisa Weaver. On December 8th at St. Rita's Church she was united in Holy Matrimony to her long time beau, Brian Cox. (Pictured below). The couple's reception was held at the Altadena Town and Country Club immediately following the ceremony. Congratulations to Mr. and Mrs. Cox!

Sierra Madre's Mayor, Josh Moran also tied the knot last month. He and fiancée Danielle were also wed in December. Now we have a Mr. and Mrs. Mayor.

But wait, there's more.....City Councilman John Harabedian and fiancée Young-Gi Kim were actually wed in November, but word didn't hit the airwaves until during the holidays. The couple has dated for five years before their wedding in Pasadena..

And, just to be on the safe side, Mountain Views News Contributor Christopher Nyerger and fiancée Liz decided that just in case the world did end on December 21st as some predicted, they would leave this world as husband and wife. The couple is elated that the predictions were wrong and are enjoying life as Mr. and Mrs. Liz is a familiar face to many in the area, especially if you have been to the Eaton Canyon Nature Center where she works.



What a great way to start off a new year, lots of happiness and love in the air!

SIERRA MADRE STATE OF THE CITY ADDRESS

On Tuesday, February 19, 2013 from 6:30 – 7:30 pm the City of Sierra Madre will host its 3rd Annual State of the City Address at the Community Recreation Center in the Sierra Madre Room at 611 East Sierra Madre Boulevard.

This year's theme is *"Finding the Right Balance"* and this event will highlight programs and services the City has provided over the past year and give residents insight to the City's goals for the next fiscal year.

FRIENDS OF THE SIERRA MADRE LIBRARY CELEBRATES 60 YEARS

Founded in 1953, the Friends of the Sierra Madre Library is celebrating its 60th birthday this year. Established to promote awareness of, support for, and utilization of the high quality programs, services, and facilities of the Sierra Madre Library as a lifelong center of learning, the organization's membership had grown to over 300 Friends who provide countless volunteer hours supporting the library staff and raising money to augment that which is provided to the Library in the City's budget. Funds raised by the Friends help provide resources as diverse as audio books, databases, computers and accessories, a defibrillator, reference and display materials, and newspaper subscriptions. The summer reading programs, the preschool story hour, classes at the library, staff training, and

adult and teen programs are all paid for in part with money raised by the Friends.

Our fundraisers are the Best Used Book Sales held the first sequential Friday and Saturday every other month starting in February, the Wine Tasting being held this year on Sunday, February 19th, and the Art Fair which will be May 4th and 5th. For more information about any of these events, visit our website at www.sierramadrelibraryfriends.org. If you would like to become a member of the Friends or if you'd like to volunteer at any of our fundraisers, you may contact Dave Hart, Membership, at 446-8209, Martha Troedson at 355-0650 or Alan Leahy at 355-9783 for Book Sales, Sue Levee at 355-3236 for the Wine Tasting, and Janet Emery at 355-6499 or Susan Gallagher at 355-7200 for the Art Fair.

Remember that Henry Ward Beecher said, "A library is not a luxury but one of the necessities of life". And the Beatles said that, "We get by with a little help from our Friends".

Sierra Madre Police Blotter

For the Period January 6-13, 2013

Thursday January 10, 2013

At 8pm, at resident in the 00 block of East Carter Avenue returned home. As she turned into her driveway she noticed a black 4-door sedan with heavy window tinting parked at the curb in front of her residence. She entered the house via the garage and immediately observed that the residence front door was open. Moments later she detected running movement and heard noises coming from a second story bedroom. The resident retreated to the garage, locked herself in her car and called police. When police units arrived less than a minute after she called, the black sedan was gone. A subsequent search of the residence failed to locate the intruders. The investigation revealed that unknown suspects entered the residence by removing a rear window screen and pried open the locked window. Once inside, the suspects, ransacked several rooms. Although currency was reported missing, several other items of value were untouched.

Friday January 11, 2013

Residents in the 600 block of West Fairview Avenue returned to their home after being away for a week and discovered that their home had been burglarized. The police investigation revealed that unknown suspects attempted to enter via a rear window by prying open a window. These attempts failed and the suspects then smashed the window using a heavy flower pot. The suspects seemed to restrict their activity to two rooms and took money from a desk drawer. Neighbors did not report any unusual activity in the area and it is unknown when the crime actually took place.

Saturday January 12, 2013

Late in the afternoon, a residential burglary occurred in the 2200 block of Santa Anita Avenue. Unknown suspects smashed the louver window panes on a rear door and unlocked the door from the inside. Jewelry and two laptop computers were removed from the residence.

Sunday January 13, 2013

At 9:30 am a resident reported suspicious activity taking place in the vacant business structure at 245 W. Sierra Madre Boulevard. She observed a female climb the fence that surrounds the property and get into a vehicle. The resident obtained a vehicle license number and gave this information to police. When officers inspected the property they determined that installed copper pipe and wiring had been removed from the interior walls and fixtures.

Following up on the vehicle license plate, officers went to an address in Glendora where they found the described vehicle. A surveillance was initiated and the suspects were arrested hours later when they returned to the vehicle. The stolen property was recovered and two individuals (male 22 years of age and female 29 years of age) were booked for burglary.

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Police Asking for Help in Shooting Incident

By Dean Lee
Pasadena Police are asking for the public's help after two possible suspects got away during a shooting in which one person was sent to the hospital with a gunshot wound to the head. Deputy Chief Darryl Qualls said the Pasadena Police Department received a telephone call Tuesday at approximately 2:12 p.m. from a male caller stating his brother had been shot. Investigators said the victim, 21-year-old Zane Goldstein, was shot near the intersection of Chester and Villa Streets. He was transported to a local hospital and underwent emergency surgery. Goldstein died from his injuries Thursday according to police.

His bother Zachary Goldstein, 24, of Pasadena was also hurt, but it unclear if he was also shot. Police said they do not believe the bothers have gang ties. Investigators said the shooting maybe drug related.

Qualls said two Hispanic males were seen leaving the location in a tan colored vehicle and are persons of interest. A 17-year-old suspect was taken into custody Wednesday for questioning. He could be charged with attempted murder police said. The suspect is being held at a youth detention center. At press time, his name has not been released.

Anyone with information is asked to contact the Pasadena Police Department at (626) 744-4241, or report anonymously through Crime Stoppers at (800) 222-TIPS (8477).

Pet of the Week



Angie is a sweet, playful, four-year-old American Staffordshire terrier. She gets along well with other dogs and has been out on our Mobile Unit to several community events. Angie loves going for walks and playing with toys too!

Angie's regular adoption fee is \$120, which includes her spay surgery, a microchip, the first set of vaccinations, as well as a free follow-up health check at a participating vet. New adopters will receive complimentary health and wellness exam from VCA Animal Hospitals, as well as a goody bag filled with information on how to care for your pet. She also qualifies for our Seniors for Seniors program for eligible adopters. Ask an adoptions counselor for more information during your visit.

Call the Pasadena Humane Society & SPCA at 626.792.7151 to ask about A318424, or visit at 361 S. Raymond Ave. in Pasadena. Adoption hours are 11-4 Sunday, 9-5 Tuesday - Friday, 9-4 Saturday. Pets may not be available for adoption and cannot be held for potential adopters from phone calls or email. Directions and photos of all pets can be found at www.pasadenahumane.org.



Avon Closing Local Distribution Facilities

Avon announced Wednesday that the company will close its distribution facilities in Pasadena and Atlanta, GA. Avon spokeswoman Jennifer Vargas said plans for the Pasadena facility are still in development. According to reports, about 170 employees will receive layoff notices next year.

The closings are part of a plan to save \$400 million a year through 2015 according to Vargas.

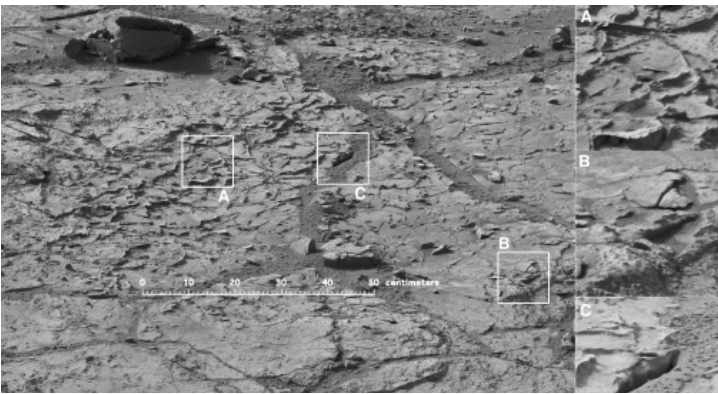
"The decision to close the two branches was difficult and not reached lightly," representatives of Avon said in a press statement. "Avon's Atlanta and Pasadena facilities have served Avon and Avon's U.S. Representatives with

distinction for many decades; however, these steps are essential in order to turn around the business by driving top-line growth and aggressively managing the cost base. These steps in the U.S., together with actions being taken globally, will help stabilize the company and begin the process of returning Avon to sustainable growth."

The statement sent on to say that these facilities closures are part of the initial steps of the company's global Cost Savings Initiative that was announced in December. The global actions are aimed at concentrating resources on high-priority activities, boosting efficiencies and reducing costs.

Avon's commitment to its U.S. business and to

Curiosity To Drill Mars Rock



NASA's Mars rover Curiosity is preparing, in coming days, to dill into a rock that may hold clues to a wet history on the red planet— only if the rock first meets rover engineers' approval— it would then become the first sample to be drilled during the Mars Science Laboratory mission.

"Drilling into a rock to collect a sample will be this mission's most challenging activity since the landing. It has never been done on Mars," said JPL Mars Science Laboratory project manager Richard Cook. "The drill hardware interacts energetically with Martian material we don't control. We won't be surprised if some steps in the process don't go exactly as planned the first time through."

The size of a car, Curiosity is inside Mars' Gale Crater investigating whether the planet ever offered an environment favorable for microbial life. Curiosity landed in the crater five months ago to begin its two-year prime mission.

The chosen rock is in an area where Curiosity's Mast

Camera (Mastcam) and other cameras have revealed diverse unexpected features, including veins, nodules, cross-bedded layering, a lustrous pebble embedded in sandstone, and possibly some holes in the ground.

The target is on flat-lying bedrock within a shallow depression called "Yellowknife Bay." The terrain in this area differs from that of the landing site, a dry streambed about a third of a mile (about 500 meters) to the west. Curiosity's science team decided to look there for a first drilling target because orbital observations showed fractured ground that cools more slowly each night than nearby terrain types do.

"The orbital signal drew us here, but what we found when we arrived has been a great surprise," said JPL Mars Science Laboratory project scientist John Grotzinger. "This area had a different type of wet environment than the streambed where we landed, maybe a few different types of wet environments."

Pacific Asia Museum Lunar New Year Festival



Pacific Asia Museum will hold its third annual Lunar New Year Festival on Saturday, February 2nd from 11 a.m. to 5 p.m. celebrating the Year of the Snake. Admission to the events, performances, crafts, demonstrations, and museum galleries is free and open to the public.

For the third year in a row, Pacific Asia Museum invites the community to a pan-Asian celebration of Lunar New Year, a holiday celebrated by many cultures across Asia and the Pacific Islands. Inside the tented parking lot watch multicultural performances on stage, grab a snack at food trucks Mighty Boba, India Jones, Mandoline Grill and Paradise Cookies, and interact with our visiting artists from Jiangsu, China. These artists will demonstrate a variety of traditional art

forms from China, including paper cutting, lantern making, sugar art, cloth art, Chinese knotting, and Suzhou silk art. This delegation also includes the Xiao Hong Hua (Little Red Flowers) dance troupe, which will perform twice that day.

In addition, Pacific Asia Museum will reprise 2012's successful Cultural Week featuring Xiao Hong Hua and visiting artists from China in partnership with the Ministry of Culture of the People's Republic of China and the Consulate General of the People's Republic of China in Los Angeles. In addition to their presence on February 2, on January 31 and February 1 (Thursday and Friday) the artists will work in the courtyard for visitors to observe, and Xiao Hong Hua will perform at 11 a.m. both days.

Representatives and their Consumers is unwavering. These changes will allow the company to focus on those activities which can best support its Representatives, help them grow their businesses and meet the needs of their customers.

The decision to close these U.S. facilities is necessary to right-size our U.S. supply chain footprint, reduce

710 Study to Hold Open Houses

Upcoming All Communities Convening Open Houses scheduled for January 23, 24 and 26, 2013.

During our All Communities Convening Open Houses, we will be sharing information about the five Alternatives that will be carried into the Draft Environmental Impact Report/Statement for in-depth environmental analysis. The five alternatives include:

- No Build
- Transportation System/Transportation Demand Management (TSM/TDM)
- Bus Rapid Transit (BRT 6X) with refinements - Los Angeles to Pasadena
- Light Rail Transit (LRT 4X) with refinements - East Los Angeles to Pasadena
- Freeway Tunnel (F-7X) with refinements - Connecting the north and south termini of the existing SR 710

Recent documents that have been posted online .metro.net/projects/sr-710-conversations (the environmental study process; Fact Sheets about each of the Alternatives; Frequently Asked Questions; and Screening Criteria and Selection Process) to become better informed about the SR 710 Study. The Open Houses will take place at the following locations:

Wednesday, Jan. 23, 2013 6-8pm Maranatha High School 169 South Saint John Av Pasadena, CA 91105

Thursday, Jan. 24, 2013 6-8pm San Marino Community Church 1750 Virginia Rd San Marino, CA 91108

Saturday, Jan. 26, 2013 9-11 am Cal State Los Angeles Golden Eagle Building - Ballroom 5151 State University Drive Los Angeles, CA 90032

Airport Authority Selects Interim Officers

The Burbank-Glendale-Pasadena Airport Authority, owner and operator of Bob Hope Airport, has elected new interim officers to head the Authority Commission. Among them is Pasadena Councilmember Steve Madison, named Secretary and new Commissioner and Pasadena Councilmember Jacques Robinson.

Robinson has been appointed by the City of Pasadena to fill the Authority seat vacated by Holden. Robinson attended her first meeting Monday. The Authority is governed by a nine member commission, and each of the three cities appoints three commissioners to the panel.

The other current commissioners are: Don Brown and Bill Wiggins of Burbank; Dave Weaver and Frank Quintero of Glendale; and Pasadena Councilmember Terry Tornek.

Candidates Questioned on 710 Freeway Extension

Only three out of six candidates running for city council in the March 5 primary municipal elections showed up to a public forum for the candidates held Thursday at Pasadena City College —questions asked included their stance on the 710 freeway extension and what is the proper use of the for the Rose Bowl?

All potential candidates, including incumbent Victor Gordo said they opposed the extension 710 Freeway but for slightly different reasons.

Residential real estate developer John Kennedy , who also said he was a manager of transportation, wanted to see alternatives to the freeway proposal.

"My view is that there are lots of other modalities to use to alleviate congestion in this community," he said. "Light rail, bus and other means, other than traveling over street surfaces for the connection of the 210 to the 710 freeway." Kennedy added that he thought the Environmental Impact Report was flawed.

Kennedy is running for the

District 3 council seat left open by Chris Holden.

Community activist, Ishmael Trone, also running for the District 3, said they should respect the desire of the residents not to have the 210 connect to the 710 freeway.

Gordo said he would not support any tunnel plan that allowed truck traffic through to Pasadena.

When it came to the rose Bowl, Kennedy said he was appalled at the high cost of the current renovation project. He cited the project as \$50 million over budget and at a cost of nearly \$200 million something Gordo took issue with. Gordo said the cost can never go past \$181 million. the funding gap, he said, was \$35 million.

Neither, district 5 candidate, Israel Estrada, or district 3 candidate Rev. Nicholas Benson attended, Estrada said he was sick. Councilman Terry Tornek, who is running unopposed, was not included in the debates. The forum was moderated by former Sierra Madre Mayor John Buchanan and organized by the political group ACT.



John Buchanan question candidates Photo D.Lee/MVNews

Scott Jenkins Elected Tournament President

Announces, 'Dreams Come True,' as Parade Theme

In a ceremony Thursday, the Pasadena Tournament of Roses Association's Board of Directors confirmed R. Scott Jenkins as president for the 2013-2014 Tournament year. Jenkins will provide leadership for the 125th Rose Parade presented by Honda and the 100th Rose Bowl Game presented by VIZIO on Wednesday, Jan. 1, 2014.

Jenkins revealed "Dreams Come True" as the theme for the 125th Rose Parade. "The 2014 theme is a reminder that not only is it possible to reach seemingly impossible goals, but



that by boldly pursuing those goals, we have actually attained them," said Jenkins. "Dreams have come true and continue to come true as a result of imagination, passion, creativity and hard work. And regardless of size or scope, dreams fuel the stories of our lives."

Learn How to Produce Your Own TV Show

Pasadena Media offers a free television-training program for volunteers. Various Areas of training are available to Pasadena residents. Plan to attend an orientation to discover the right classes for you. Producers' Training teaches citizens how to produce their own show for The Arroyo Channel. Studio Production/Equipment training is also offered for volunteer crewmembers. In addition, on-going training



PASADENA MEDIA

and memberships are available in our citizen journalism and digital film groups. Call the office (626) 794-8585 or go to PASADENAMEDIA.ORG explore all that Pasadena Media has to offer.

Class Offerings 6:00 pm – 8:00 pm Nightly	
Orientation:	1st & 3rd Monday
Producers' Training	2nd & 4th Monday
Camera	1st & 3rd Tuesday
Character Generator	2nd & 4th Tuesday
Lighting	1st & 3rd Wednesday
Audio	2nd & 4th Wednesday
Video Tape Operator	1st & 3rd Thursday
Technical Director	2nd & 4th Thursday
Stage Manager	1st & 3rd Friday
Teleprompter	2nd & 4th Friday
Citizen Journalism	Every Tuesday
Digital Film Group	Every Thursday

The Gamble House February Lecture Series

Bertram Goodhue's Arts and Crafts Legacy; Saturday, February 2, 2013, 6 p.m.

Author and historian Romy Wyllie will present a lecture on Bertram Goodhue, a gifted polymath of the Arts and Crafts movement. Architect, typographer, and graphic designer, Goodhue's career spanned several movements, including Arts and Crafts, Spanish Colonial Revival, and Art Deco. Ms. Wyllie's acclaimed 2007 book, Bertram Goodhue: His Life and Residential Architecture, provides many new insights into our understanding of the architect today. \$15 FoGH Members; \$20 Non-members - Lecture takes place at The Neighborhood Church, 301 N. Orange Grove Blvd., Pasadena.

Bertram Goodhue's Legacy: A Tour of the Caltech Campus; Saturday, February 9, 2013, 10:30 a.m.

Join us for a one-hour tour of Bertram Goodhue's sublime architectural legacy on the Caltech campus, where original buildings provide a rich display of an innovative design vocabulary that followed Goodhue's groundbreaking work at the Panama-California Exposition in San Diego (1915). Accompanying us on our walking tour of the campus will be Romy Wyllie, historian, lecturer in this year's series, and author of definitive monographs on Bertram Goodhue and the architecture of the Caltech campus. \$25 FoGH Members; \$35 Non-members - Tour will be located on the Caltech campus,

“What’s Going On?”
News and Views from Joan Schmidt



January 16th marked the first Wednesday meeting held by the Monrovia-Arcadia Duarte Town Council. It was at Pamela Park and much information was given.

If you haven’t heard, the meetings have been moved to the third Wednesday of each month and will be held at one of three sites with the hope of attendance from each of the three areas. **February’s meeting** will be held at **All Nations Church 1948 S. Peck Road, Monrovia on February 20th at 7pm**, and March will be at the Kare Youth League in Arcadia. Notices will appear in this paper the week prior to the meeting to remind residents of the location.

Last night’s meeting had representation from the Sheriff’s Department, Supervisor Mike Antonovich’s Office, Live Oak and Duarte Libraries and a report from Pamela Park Staff and West Hollywood Community Housing.

The meeting began with Deputy Gonzalez who represents the county area. He reported that there has been a spike in stolen vehicles. He implored residents NOT to leave keys in the car or leave cars running and go inside! Deputy Gonzalez said it was surprising that the most stolen popular vehicles were NOT new pricey ones, but older cars, especially Honda’s (These are easier to open and start)

Captain Chris Nee, Commander of Temple Station also warned NOT to have GPS, Lap Tops, I Pods, cell phones, etc. in sight- you are asking for a break in. The Captain also mentioned a meeting with the Undersheriff and Station Commanders on a regular basis where information is shared such as crime reports/patterns, neighborhood issues and solutions.

Deputy Art Valenzuela, Special Assignment Deputy, reported on Pamela Park activities. He has such enthusiasm and what he has done with area youth is awesome- various programs and activities. One of the newest is a course in etiquette! But there have been leadership classes, volunteering at community events such as serving at the Thanksgiving dinner and assisting Santa with the Xmas Party. I was blown away.

Irv Montenegro reported on the Cheerleading Program, After School, Teen and Computer Clubs, Solar Cup Event, After School Enrichment Field Trips- to Peck Water

THE MONROVIA-ARCADIA-DUARTE TOWN COUNCIL MOVES TO WEDNESDAY

Conservation Park and a Valentine’s Day Celebration. In February, there will be a Black History Celebration at Maxwell Elementary and on March 23, an Easter Egg Hunt at Pamela Park. For Pamela Park info- (626) 357-1619.

Brian Mejia, Field Deputy for Supervisor Antonovich reported on the January 15th Board of Supervisors Meeting that attracted over 200 attendees, most speaking AGAINST the clean water tax. The proposal was sent out to residents in a VERY SNEAKY flyer that appeared to be a throw-away! Only 4% of residents mailed it back! (I marked “No”. It proposes taxes SCHOOL PROPERTY!) ! Supervisor Antonovich had other proposals to attain the needed funding, but was opposed. This water problem is NOT unique to Los Angeles County and comes from Kern and Ventura Counties so it is a State Issue! For the time being, the issue was shelved for 60 days. Brian will give us as update then.

The two libraries, Live Oak (Dina Malakoff) and Duarte gave excellent updates on programs. Please go to their websites for more info.

Lastly Rose Olson, West Hollywood Community Housing, www.whchc.org and Erik Ten gave an excellent slide presentation/ report on the Live Oak Housing Project. It will be on the site of the existing Arcadia Bible Church, Live Oak Avenue/ Center Street, Arcadia. There will be 43 units. The housing will be for everyone- Seniors, Families, Handicapped. The proposal will have the buildings facing Live Oak and the parking south of the building facing residents. (This is a nonprofit group and a report of this project will be in a future issue of this paper.) Rose also said she would return to Town Council Meetings with updates. Currently the church property is in ecrow. [www.facebook.com?MADTownCouncil](https://www.facebook.com/MADTownCouncil).

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THE BIRTHDAY RUN 2013
By Christopher Nyerges

[Nyerges can be reached at Box 41834, Eagle Rock, CA 90041 or www.ChristopherNyerges.com]

It had rained the day before my birthday, and the rain clouds blew away with the strong winds. Everything was new and wet, cold and fresh. In the morning, I went to my special spot in the Arroyo Seco to do my annual birthday run – dressed in running shoes, regular pants and sweatshirt, I carried my little notebook and pen in my pocket. Simple. Just run, I told myself. Get to the point of remembering.

The birthday run is all about remembering, turning back the clock to year one and running a lap for each year, and letting the memories flow.

I felt a tingle of anticipation as I drove to the arroyo, and walked to the run site. No one else was there, which was better, because it allowed me to focus on my inner mind and inner seeing.

As I began my first year, a new memory emerged that wasn’t there in previous years (I’ve done this annual run for about the last 30 years). I became aware that a process exists whereby I was being “fitted” for a life, with a particular family, at that particular time, in that particular town. I’d presumed that this would be the life that I earned for myself, and I recall at the earliest age, expecting greatness. I was born expecting complete honesty and honorability from those others around me, and I remember that I expected this absolute honesty to be a very normal and natural thing in this world into which I was born. I assumed that everyone would work hard to aspire to greatness, that it was just the way this world flowed.

This memory helped me explain why I cried so much as an infant, and why my parents thought I was autistic. It was as if I knew of a world where greatness, and beauty, and grandeur, and cooperation, and goodness for the sake of goodness were normal.

But something was very wrong. I was obviously not in the world which I expected for myself.

These insights came quickly as I ran – it took me much longer to write this explanation that it took to run the half-lap in which this memory flowed.

So my insights and memories were of the big picture, not the little daily details that I’ve reviewed during most of my past 30+ years of doing the birthday run.

I realized that I was born expecting greatness, and sadness enshrouded me by kindergarten when I sensed that no one Knows, and that schooling was boxing my mind into neat categories. As the years of school moved forward, my ideal of living life for higher goals was wiped away, as it became painfully clear that nearly everyone makes

all their life decisions based upon money and monetary considerations. I felt pain, and learned to be quiet, as I was taught in school how to think small.

And though it was never stated explicitly, I was taught that the only activities worth pursuing in life were those which had a monetary pay-off.

I once asked my father, “He does that all day long?” referring to a man who did the same job over and over, every day, every week, year after year, and never seemed to rebel.

“Of course,” my father told me. “He has a family to support. Any job has its ups and downs. He may not like it every day, but he has to do it. Anyway, you’ll understand when you get older.”

I did find a few exceptional teachers and mentors, but I could still not help but note that even the best of them who helped me to “break free” in my thinking were still very much imprisoned in the world of money. It isn’t that I don’t understand the role and function of money. It’s just that I could never understand that anything is OK and justifiable because it pays the bills. What about growth? Or fulfillment? What about finding one’s purpose in life? What about spiritual evolution? I saw that art and truly artistic endeavors were one form of salvation in the prison-world in which I found myself.

As I ran on my birthday morning, lap by lap through the memories, it was clear that we are all already “lost” by first grade. I once had the acute awareness of the fact that I was a spiritual entity who was simply occupying this particular body.

But then, my society and peers taught me to worry about everything in life that conspires against us, things like sickness, accidents, disease, homelessness, divorce, bankruptcy, etc. And all of life was then a mad rush to overcome all those things, but we all die anyway. I’d seen way too many who died wealthy but no further along their spiritual path.

During my run, I saw that I succeeded and failed at my various attempts to do things that are fulfilling and uplifting, which could also support me. Additionally, I saw that there is no dishonor in 8 to 5 jobs, working for someone else. Everything is how we do it, and how we uplift others while living our lives.

I reviewed my many projects and endeavors, and at the end of my run, I came back to the very knowledge that I instinctively knew as a baby – we are spirit beings, here temporarily in bodies, to learn and to evolve. Everything else is fluff and time waste.

I walked back to my car, ready to continue with a busy day. I laughed at the beauty and newness of the day, and I gave thanks to my parents and teachers.

Looking Up with Bob Eklund



MARS ROVER PREPARES TO DRILL INTO MARTIAN ROCK

NASA’s Mars rover Curiosity is driving toward a flat rock with pale veins that may hold clues to a wet history on the Red Planet. If the rock meets rover engineers’ approval when Curiosity rolls up to it in coming days, it will become the first to be drilled for a sample during the Mars Science Laboratory mission.

The size of a car, Curiosity is inside Mars’ Gale Crater investigating whether the planet ever offered an environment favorable for microbial life. Curiosity landed in the crater five months ago to begin its two-year prime mission.

“Drilling into a rock to collect a sample will be this mission’s most challenging activity since the landing. It has never been done on Mars,” said Mars Science Laboratory project manager Richard Cook of NASA’s Jet Propulsion Laboratory in Pasadena, Calif. “The drill hardware interacts energetically with Martian material we don’t control. We won’t be surprised if some steps in the process don’t go exactly as planned the first time through.”

Curiosity first will gather powdered samples from inside the rock and use those to scrub the drill. Then the rover will drill and ingest more samples from this rock, which it will analyze for information about its mineral and chemical composition.

The chosen rock is in an area where Curiosity’s Mast Camera (Mastcam) and other cameras have revealed diverse unexpected features, including veins, nodules, cross-bedded layering, a lustrous pebble embedded in sandstone, and possibly some holes in the ground.

The rock chosen for drilling is called “John Klein” in tribute to former Mars Science Laboratory deputy project manager John W. Klein, who died in 2011.

The target is on flat-lying bedrock within a shallow depression called “Yellowknife Bay.” The terrain in this area differs from that of the landing site, a dry streambed about a third of a mile to the west. Curiosity’s science team decided to look there for a first drilling target because orbital observations showed fractured ground that cools more slowly each night than nearby terrain types do.

“The orbital signal drew us here, but what we found when we arrived has been a great surprise,” said Mars Science Laboratory project scientist John Grotzinger, of Caltech in Pasadena. “This area had a different type of wet environment than the streambed where we landed, maybe a few different types of wet environments.”

One line of evidence comes from inspection of light-toned veins with Curiosity’s laser-pulsing Chemistry and Camera (ChemCam) instrument, which found elevated levels of calcium, sulfur and



hydrogen.

“These veins are likely composed of hydrated calcium sulfate, such as bassinite or gypsum,” said ChemCam team member Nicolas Mangold of the Laboratoire de Planétologie et Géodynamique de Nantes in France. “On Earth, forming veins like these requires water circulating in fractures.”

Researchers have used the rover’s Mars Hand Lens Imager (MAHLI) to examine sedimentary rocks in the area. Some are sandstone, with grains up to about peppercorn size. One grain has an interesting gleam and bud-like shape that have brought it Internet buzz as a “Martian flower.” Other rocks nearby are siltstone, with grains finer than powdered sugar. These differ significantly from

pebbly conglomerate rocks in the landing area.

“All of these are sedimentary rocks, telling us Mars had environments actively depositing material here,” said MAHLI deputy principal investigator Aileen Yingst of the Planetary Science Institute in Tucson, Ariz. “The different grain sizes tell us about different transport conditions.”

You can contact Bob Eklund at: b eklund@MtnViewsNews.com.

Arcadia Police Department

MISSING CRITICAL ADULT

Date and Time of Release:
January 13, 2013 6:15pm

Michael Allan Bell
Male White, 5'10" / 238 lbs, 55 years old
Wearing: Khaki pants/heavy weight light brown jacket



Mr. Bell was last seen at 10:30 am on January 13, 2013 at 400 W. Huntington Drive (Country Villa) in Arcadia, an assisted living and rehabilitation facility. Mr. Bell suffers from Bipolar disorder and takes medication. Mr. Bell has cellulitis on his left leg, which is wrapped in gauze dressing. Although Mr. Bell can walk, he primarily gets around in his wheelchair which is missing from the facility.

Mr. Bell has no known addresses and his destination is also unknown.

The Arcadia Police Department continues its search for Mr. Bell and is seeking the public's help in locating him. Local hospitals and local area law enforcement have been alerted.

Anyone with information regarding Mr. Bell's whereabouts is asked to contact the Arcadia Police Department at (626) 574-5156.

Robert T. Guthrie, Chief of Police

By: Colleen Flores, Lieutenant
Refer Case #13-201

ARCADIA AAUW TO ENJOY THE BEAUTY AND HARMONY OF IKEBANA

The Arcadia Branch of the American Association of University Women (AAUW) will have the pleasure of experiencing an Ikebana demonstration at its next meeting. Professional floral arrangement instructor Anna Wang Lin will bring her expertise in Ikebana, the Japanese art of flower arrangement, to a special Arcadia AAUW meeting on Saturday, February 2. The meeting will take place at 10:00 a.m. in the Church of the Good Shepherd's Jordan Hall, 400 W. Duarte Rd., Arcadia (SW corner of Duarte Rd. and Holly Ave.). Refreshments will be served. This free meeting is open to the public, and ample parking is available in the church parking lot.

Anna Lin is currently floral arrangement instructor at the Evangelical Formosan Church in Los Angeles. Born in Taiwan, she became interested in Ikebana training while she was teaching fashion design. After she moved to the United States, she worked in the high-

fashion industry, but she never lost her passion for working with Ikebana and with Ikenobo, the oldest school of Ikebana. Anna trained in the Kaiden, designation of Ikebana, Ikenobo floral art, which means that her mastery of the discipline qualified her to pass on all aspects of her Ikebana training to others.

At the February 2 meeting, which includes a slide show on Ikebana, Anna's daughter Judy Hsieh will assist with the presentation by translating to and from Mandarin for her mother whenever necessary. During the presentation, Anna Lin will complete two Ikebana arrangements in two different styles. At the end of the show, Anna has a pleasant surprise in store for her audience. To learn more about the program or about membership in the American Association of University Women (AAUW), please call Tamara Kato at (626) 375-6756 or Patricia Dietrich at (626) 446-8437.

ARCADIA POLICE BLOTTER

For the period of Sunday, January 6th, through Saturday, January 12th, the Police Department responded to 905 calls for service of which 120 required formal investigations. The following is a summary report of the major incidents handled by the Department during this period.

Sunday, January 6:

1. At about 0:33 a.m., officers were dispatched to the 800 block of Arcadia Avenue in regards to a disturbance. An investigation revealed an argument between a boyfriend and girlfriend resulted in a physical altercation. The 33-year-old Asian female suspect was determined to be the aggressor. The suspect was transported to the Arcadia Methodist Hospital for evaluation, and later cited and released in the field.

2. At approximately 7:02 p.m., officers responded to the Santa Anita Mall, 400 South Baldwin Avenue, in reference to a stolen vehicle report. The victim parked his Honda Accord in the parking lot next to the Promenade Shops and discovered it missing a short time later. No evidence was left behind and the victim was not aware of any possible suspects.

Monday, January 7:

3. Around 9:21 a.m., an officer was dispatched to Kids Footlocker at the Santa Anita Mall, 400 South Baldwin Avenue, regarding a traffic collision involving a pedestrian. Two unknown male suspects forced entry into the store and fled with a safe and surveillance video recorder. A search revealed one suspect left behind his wallet which contained his driver license. Further investigation is being conducted by the Detective Bureau.

4. Shortly after 4:20 p.m., an officer responded to the parking lot of KGS Electronics, 418 East Live Oak Avenue, regarding a traffic collision involving a pedestrian. A female adult was walking to her car when she was struck by a Fed Ex Truck, causing her to fall and hit her head on the ground. An investigation revealed the truck driver was not paying attention to his surroundings as he drove through the parking lot. The victim was transported to the Arcadia Methodist Hospital for treatment.

Tuesday, January 8:

5. At approximately 2:01 a.m., an officer was dispatched to Salon Centric, 411 East Huntington Drive, in regards to an activated alarm. Upon arrival, the officer noticed the front glass door had been shattered. The store manager determined nothing was missing except an envelope containing cash. No evidence was located.

6. At about 9:00 p.m., officers were dispatched to the parking lot of the 99 Cent Store, 140 East Duarte Road, in reference to a man passed out inside of his vehicle. The vehicle was still running and parked in the store's driveway. The 43-year-old subject of unknown race indicated he was under the influence of an alcoholic beverage and numerous prescription medications. He was transported to the Arcadia Methodist Hospital for evaluation. The officer determined the subject was driving under the influence and requested a criminal filing.

Wednesday, January 9:

7. Around 7:45 a.m., an officer conducted a traffic stop on a vehicle for crossing over a section of double yellow lines in the area of Duarte Road and Santa Anita Avenue. The officer discovered the 48-year-old Asian male was never issued a license. He was cited, released in the field, and his vehicle was left legally parked.

8. At about 10:12 p.m., an officer was dispatched to the 900 block of Fallen Leaf Road regarding a medical assist. The resident at the location accidentally shot himself in the hand as he grabbed his handgun. He was transported to the Huntington Memorial Hospital for treatment. The officer determined no foul play was related to this incident.

Thursday, January 10:

9. At approximately 0:40 a.m., an officer responded to the area of Goldring Road and Kardashian Avenue regarding vehicles involved in street racing and generating "burn outs". Upon arrival, the officer observed a vehicle making circles and noticed smoke emitting from the passenger and engine compartments. The 18-year-old Hispanic male driver was arrested and transported to the Arcadia City Jail for booking. His vehicle was left in the care of a friend.

10. Shortly after 1:00 a.m., Dispatch advised officers of a possible DUI driver weaving through lanes in the area of Foothill Boulevard and Baldwin Avenue. An officer conducted a traffic stop on the vehicle and upon contact with the driver, noticed an open bottle of liquor on the front passenger seat. A vehicle search revealed additional empty bottles of liquor. The 36-year-old Black male was arrested and transported to the Arcadia City Jail for booking.

Friday, October 11:

11. At about 3:05 p.m., an officer responded to Nordstrom at the Santa Anita Mall, 400 South Baldwin Avenue, in reference to a theft report. A male suspect selected three belts and exited the store without making payment. The 18-year-old Hispanic male was arrested and transported to the Arcadia City Jail for booking.

12. At almost 11:00 p.m., officers responded to the 1300 block of South Mayflower Avenue regarding several gun shots that were heard in the area. An investigation revealed an unknown suspect(s) discharged a firearm at the victim's residence, breaking one front window. The resident observed a white or silver colored "American Model" SUV drive slowly in front of his residence as it headed southbound on Mayflower Avenue; however, he was unable to identify the driver or any passengers. The officer determined the shooter fired approximately four rounds. No one was injured and the victim had no idea why his residence was targeted.

Saturday, October 12:

13. Shortly after 1:30 p.m., an officer was dispatched to the 1800 block of South Seventh Avenue regarding a fraud report. The victim explained she was contacted by a loss prevention officer from a Nordstrom store in San Antonio, Texas, who informed her that two unknown suspects used her personal information to open a credit card account and charged approximately \$4,000. The victim had no idea how her information was compromised.

14. At about 3:12 p.m., an officer responded to the 300 block of East Forest Avenue regarding a mail theft report. The resident observed an unknown Hispanic female adult remove mail from his mailbox and watched her run toward a black Dodge Challenger which was waiting in front of his house. The vehicle fled eastbound on Forest Avenue. The suspect can be identified if seen again.



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MONROVIA CITY COUNCIL POSTPONES BAILOUT VOTE - AND MORE

By Joan Schmidt



From right to left, recently Promoted Fire Engineer Chris Hudson, Fire Chief Donovan, newly hired Firefighter/Paramedic David Loomis and Firefighter/Paramedic Justin Casaneda

There has been a lot of Monrovia City Council News. First, Joe Garcia announced he will not seek reelection. There are two openings on the Council. Clarence Shaw, a Major in the United States Army Reserves who has been deployed since July 2011 pulled papers, but chose *not* to file them. Larry Spicer, who has been filling in for Shaw, and Attorney Alexander Blackburn have both filed papers for the two seats, so they are unopposed. Mayor Mary Ann Lutz, City Treasurer Steve Baker and City Clerk Alice Atkins also are running unopposed. There will be a special meeting to decide whether or not to hold an election.

At the City Council Meeting, January 15, Monrovia Fire Chief Chris Donovan introduced newly promoted Fire Engineer Chris Hudson and newly hired Firefighter/Paramedics

Justin Casaneda and David Loomis. *Congratulations* to Engineer Chris Hudson on a much-deserved promotion and *Welcome aboard* to Justin Casaneda and David Loomis. They certainly will be an asset to Monrovia's fine Fire Department.

One very important issue that was brought up at the meeting was the bailout (of approximately \$35,000) of the Family Festival Production company that operates the Friday Night Family Festival in Monrovia. Originally, City Manager Laurie Lile had recommended that the City Council forgive this estimated \$35,000 because company asked the city to forgive past due debts and waive future fees due to financial hardship. However, since word leaked out about this request, there have been a lot of questions and comments from the community. A local attorney,

Lynne Palmer wrote, "Surely other local and longstanding businesses who are having a tough time surviving in a difficult economy would like to get in line for this bailout."

The Council voted to postpone the vote till a later date. It certainly is an interesting issue. Many people love Friday Night Festivals and come from cities nearby to Monrovia to participate in and enjoy this great event. However Ms. Palmer also has a very good point. Last year I attended a City Council meeting and a proprietor was lamenting the economy and related how he had to move his business to a side street for a lower rent.

If anyone has missed a Council Meeting, they are shown on the KGEM Cable network. These meetings keep residents aware of all that's happening in their city!

Monrovia Police Blotter

Highlighted Activity for the Weekdays of January 14-16, 2013

During the last seven-day period, the Police Department handled 347 service events, resulting in 61 investigations. To see a complete listing of crimes reported, go to <http://www.crimemapping.com/map/ca/monrovia> for crime mapping. For Police Department news and information, visit our website at <http://www.ci.monrovia.ca.us/city-government/departments/police-department-homepage> and follow us on Twitter for police notifications.

Vehicle Burglary

January 14 at 6:54 p.m., a vehicle burglary was reported in the 1000 block of Orange Avenue. The victim's vehicle was parked in the driveway. The victim reported the vehicle was locked, but there was no sign of forced entry. The loss was an empty case for sunglasses and a cord for an iPod. Investigation continuing.

Commercial Burglary / Fraud / Identity Theft - Suspects Arrested

January 15 at 4:51 p.m., an employee of a business in the 400 block of West Huntington called to report a possible fraud incident at their location. Three suspects entered the business, selected merchandise and went to the registers. Two of the suspects claimed they forgot their store credit card and were allowed to enter their social security number on the touch pad and presented identification. The employee believed the identification to be fraudulent and notified store security and a store manager. The employee delayed the subjects until officers could arrive.

Upon their arrival, the officers arrested two of the suspects for burglary, identity theft, forgery and other charges. The third suspect was arrested for an outstanding warrant. During an inventory search in the jail, the arresting officer noticed a receipt which indicated one of the suspects purchased over \$4,500 in merchandise from a store in Duarte. The Los Angeles County Sheriff's Department was notified regarding the incident in their city.

Burglary / Felony Vandalism

January 16 at 6:30 p.m., a residential burglary was reported in the 200 block of East Lime. The victim left the residence to visit a relative in the front house between 5:30 to 6:00 p.m. When she returned, she found someone had entered her home and smashed her computer, television, and a lamp. Nothing was stolen. There were no signs of forced entry. The victim suspects the ex-boyfriend of her daughter, who had a key to the residence. It appears the suspect entered the home with the intent of committing felony vandalism. Investigation continuing.

Residential Burglary

January 16 at 9:42 p.m., police responded to a residence in the 500 block of North Alta Vista on the report of a residential burglary. The victim left home at 8:30 a.m., and when she returned at 9:35 p.m., she found her home had been ransacked. The suspect pried open the rear door to gain entry. A handgun, iPad and jewelry were stolen. Investigation continuing.

Monrovia Police Department Seeks Help Identifying Battery Suspect

The Monrovia Police Department is seeking the public's help in identifying the suspect of a battery incident that occurred in Old Town Monrovia on New Year's Day. Below is a sketch artist's rendering of the possible suspect. If you were a witness or have any information as to the identity of the suspect in this crime, please contact Detective Rob Wilken of the Monrovia Police Department at (626) 256-8000.



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STUDENTS RECEIVE SCHOLARSHIPS FROM DUARTE KIWANIS CLUB

It's great when a plan comes together! Last June, the Duarte Kiwanis Club budgeted \$3500.00 for



scholarships for graduating seniors. In January, they were able to provide two more checks to two deserving students. Israel Torres and Sarah Perez are both graduates of Mt. Olive High School in Duarte. They got in touch with Susan Huthmacher, Secretary at Mt. Olive and provided their registration information (both are now students at Citrus College). Susan was persistent and as soon as the Holidays were over scheduled the check presentations with Duarte Kiwanis President, Tina Carey. Both students were able to attend the Kiwanis meeting – along with Principal Kevin Morris and the checks were presented. Seems a perfect opportunity for the Kiwanis Club – since their motto is “changing the world one child, and one community at a time.” Pictured from the left, Mt. Olive Principal, Kevin Morris, Sarah Perez, Israel Torres and Duarte Kiwanis President, Tina Carey.

The Duarte Kiwanis Club has lunch meetings the first, third and fifth Tuesdays of the month at Westminster Gardens. For further information on speaking or joining the club, contact Dr. Diane Hernandez at drdiane@drhernandezoptometry.com.




Mayor Lutz

SAVE THE DATE: 2013 STATE OF THE CITY ADDRESS

Mayor Mary Ann Lutz will deliver the Annual State of the City Address hosted by the City of Monrovia on January 28, 2013, 7p.m. at the Krikorian Premiere Theatre in Old Town Monrovia.

To RSVP for the event, please call (626) 932-5555 x1401. Space is limited and seating will be on a first-come, first-serve basis. Following the event, the speech will be available on the City of Monrovia website and on KGEM TV.




City of Monrovia Department of Community Services
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Money Wise:

Talking to Teens About Money

Sponsored by Friends of Monrovia Public Library

This very special 3 night series teaches teens and their parents about teens and money. Linda Williams from Consumer Action provides booklets illustrating examples of principals mentioned in her talk and a list of helpful websites for parents and teens.



Topics include:

- Writing checks and balancing a checkbook
- Credit cards
- Budgeting
- Needs versus wants
- Weekly spending evaluations
- Deciphering a paycheck stub
- Comparison shopping
- And so much more....

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ST. RITA STUDENTS NOMINATED FOR CYO ALL-CONFERENCE TEAMS



Above right: CYO nominee Cathy Johnson in Fall 2013 volleyball. Above: One of St. Rita's nominated athletes, Steven Froio.



Sierra Madre, CA, January 15, 2013 –

The Catholic Youth Organization (CYO) released its team rosters for Fall Sports this week and six St. Rita students received nominations. The eighth grade flag football nominees are Liam Blackwell, Jonathan Clarizio, Harrison MacDonald and Steven Froio. For girls volleyball, it was eighth graders Michelle Encinas and Cathy Johnson.

These select students will be awarded at the end of the academic year at a CYO banquet along with the other all-conference athletes chosen throughout the year. They are academically ranked fourth in the Los Angeles Diocese, with a focus on faith, stewardship and academic excellence.

St. Rita School, located at 322 N. Baldwin Ave. in Sierra Madre, is a Catholic parish school with an award-winning sports program.

SIERRA MADRE WOMAN'S CLUB INVITES AREA STUDENTS TO ENTER ANNUAL FINE ARTS COMPETITION

ART: Grade Kdg-12. No larger than 24x30. Stiff backing, NO glass, plexiglass ok, no frame.

PHOTOGRAPHY: Grade 7-12 10x12 to 14x16 including matting. NO glass, plexiglass ok. Deliver to SMWC clubhouse February 13 9-1:00pm or February 27 noon to 3pm.

WRITING: Story: one to six pages and poetry: 8-30 lines, no theme, 4 copies computer printed on standard paper mailed to clubhouse by January 26. attention: Jayne Thomas, Fine Arts Chair, 550 W. Sierra Madre Blvd., Sierra Madre, CA 91024.

MUSIC PERFORMANCE: Grade 12 students in classical, musical theatre or pop, vocal or instrumental. Student may email for application to be signed by school or private music teacher and received by February 8. sierramadrewomansclub@gmail.com

Winners receive certificates and gift cards. Winning entries are displayed at Sierra Madre Library month of March.

FREE USC MOBILE DENTAL CLINIC FOR PUSD STUDENTS

Qualifying students who are between the ages of 6-18 and live in Altadena, Pasadena or Sierra Madre can get free dental care when the USC Mobile Dental Clinic returns to PUSD March 1. Kids who don't have dental insurance, are income eligible and have dental cavities will receive free comprehensive dental care March 1 – 8. Space is limited to the first 120 students who pre-register. To register, contact Young & Healthy at (626) 795-5166.

Pasadena High School is hosting a CASH FOR COLLEGE FINANCIAL AID WORKSHOP

Saturday, January 26, 2013

8:45 am – 1:00 pm

Presentations begin at 9:00 am and 10:30 am
Pasadena High School Cafeteria
2925 E. Sierra Madre Blvd. Pasadena

Applying for college financial aid can be a confusing process. To qualify for ANY college financial aid students must submit a FAFSA (Free Application for Federal Student Aid). The Cash for College Workshops are meant to assist parents and students with completing their online FAFSA. After the presentation, if extra help is needed, we will have volunteers and computers available for the students and parents to enter and submit their FAFSA that day. Spanish speaking volunteers will be available.

The CASH FOR COLLEGE WORKSHOPS are geared toward current high school seniors but are open to all students who will be entering college in the Fall of 2013 or anytime during the 2013 – 2014 school year. In addition, at least ONE 12th grade student who attends our workshop and completes an online evaluation form; submits their FAFSA and CAL GRANT GPA form by the March 2nd deadline will win a \$1000 scholarship. Every 12th grade student who successfully completes these things will be eligible.

More information (including a list of what to bring to the workshop) is available on the Cash for College web site www.calgrants.org or the Pasadena High School web site www.phs.pasadenausd.org or students and/or parents can either call or email us for additional information.

LIBRARY'S POPULAR PARENT/CHILD WORKSHOPS SLATED FOR MARCH

Sierra Madre, CA – Registration is now open for popular Parent/Child workshop series, slated for March 6, 13, 20, 27 and April 3 at 6:30 pm at the Sierra Madre Public Library. Sessions will take place at the Library on consecutive Wednesday evenings at 6:30 p.m. and will be interactive including toys, crafts, books and play in addition to discussions of parenting issues and concerns.

The parenting workshop will feature noted resource professionals from the community and each session will feature a different aspect of parenting, including early literacy, speech, hearing and language development, child development, nutrition, music, play, and health.

Families with children ages 36 months and younger are encouraged to register now as past workshops have filled up fast. Enrollment is free, but in-person pre-registration at the Library is required to ensure a spot in the program.

This project is supported by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.

For more information and to register, please call Meegan Tosh, Youth Services Librarian at 626-355-7186. The Sierra Madre Public Library is located at 440 West Sierra Madre Boulevard in Sierra Madre. www.sierramadre.lib.ca.us

I LOVE MY LIBRARY ESSAY & DRAWING CONTEST

Cash prizes await some talented children who enter the I Love My Library drawing and essay contest. Children in grades K – 2 can create a drawing showing how they love the Library. Those in grades 3-8 can write an essay telling why they love the Library. The contest begins January 7 and entries are due by January 31, 2013 at the Sierra Madre Public Library.

Entry forms are available at the library and on the Library homepage www.cityofsierramadre.com/departments/library beginning January 7, 2013.

SCHOOL DIRECTORY

Alverno High School
200 N. Michillinda Sierra Madre, Ca. 91024
(626) 355-3463 Head of School: Ann M. Gillick
E-mail address: agillick@alverno-hs.org

Arcadia High School
180 Campus Drive Arcadia, CA 91007
Phone: (626) 821-8370, Principal: Brent Forsee
bforsee@ausd.net

Arroyo Pacific Academy
41 W. Santa Clara St. Arcadia, Ca,
(626) 294-0661 Principal: Phil Clarke
E-mail address: pclarke@arroyopacific.org

Barnhart School
240 W. Colorado Blvd Arcadia, Ca. 91007
(626) 446-5588 Head of School: Ethan Williamson
Kindergarten - 8th grade
website: www.barnhartschool.org

Bethany Christian School
93 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-3527 Principal: James Lugenbuehl
E-mail address: jml@bcsliions.org
website: www.bcsliions.org

Clairbourn School
8400 Huntington Drive
San Gabriel, CA 91775
Phone: 626-286-3108 ext. 172
FAX: 626-286-1528
E-mail: jhawes@clairbourn.org
Foothill Oaks Academy
822 Bradbourne Ave., Duarte, CA 91010
(626) 301-9809
Co-Principals Nancy Lopez and Diane Kieffaber
info@foothilloaksacademy.org
preschool@foothilloaksacademy.org

The Gooden School
192 N. Baldwin Ave. Sierra Madre, Ca. 91024
(626) 355-2410 Head of School: Patty Patano
website: www.goodenschool.org

High Point Academy
1720 Kinneloa Canyon Road Pasadena, Ca. 91107
Headmaster John Higgins
626-798-8989
website: www.highpointacademy.org

LaSalle High School
3880 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 351-8951 website: www.lasallehs.org
Principal Bro. Christopher Brady, FSC

Monrovia High School
325 East Huntington Drive, Monrovia, CA 91016
(626) 471-2800 Principal Darwin Jackson
Email: schools@monrovia.k12.ca.us

Odyssey Charter School
725 W. Altadena Dr. Altadena, Ca. 91001
(626) 229-0993 Head of School: Lauren O'Neill
website: www.odysseycharterschool.org

Pasadena High School
2925 E. Sierra Madre Blvd. Pasadena, Ca.
(626) 798-8901 Principal: Gilbert Barraza
website: www.pasadenahigh.org

St. Rita Catholic School
322 N. Baldwin Ave. Sierra Madre, Ca. 91024
Principal Joan Harabedian
(626) 355-9028 website: www.st-rita.org

Sierra Madre Elementary School
141 W. Highland Ave, Sierra Madre, Ca. 91024
(626) 355-1428 Principal: Esther Salinas
E-mail address: salinas.esther@pusd.us

Sierra Madre Middle School
160 N. Canon Sierra Madre, Ca. 91024
(626) 836-2947 Principal: Garrett Newsom
E-mail address: newsom.garrett@pusd.us

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Lisa Feldman: Head of School

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(626) 449-7390 Principal: Ruth Esseln
E-mail address: resseln@pusd.us

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(626) 795-6981 Website: www.pusd@pusd.us

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(626) 821-8300 Website: www.ausd.net

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DUARTE UNIFIED SCHOOL DISTRICT
1620 Huntington Dr., Duarte, Ca. 91010
(626)599-5000 Website: www.duarte.k12.ca.us

THE REEL DEAL: by Ben Show Movie Reviews Especially for Teens & 'Tweens 'The Impossible'



This is an amazing movie. Not only is the story unbelievable, but the characters are just so real and completely wonderful. It is truly impossible great.

Based on a family's experience during the 2004 tsunami in Southern Asia, 'The Impossible' takes you on a miraculous journey, only made possible by the strength of the human will. Two parents (Ewan McGregor, Naomi Watts) along with their three sons (Tom Holland, Samuel Joslin, Oaklee Pendergast) are on vacation, when a tsunami hits. Separated and badly

wounded, they must find each other and make it back home, while helping others along the way.

I really do love this movie. Even though I had to look away for some of the hospital parts, I will always remember this movie for its amazing cast, directing, and overall feeling of desperation and hope, which has been captured perfectly in this triumph of the human spirit.

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THE MORE YOU KNOW ABOUT WINE... AND PROPS TO SOUTHWEST...

Southwest Airlines doesn't fool around. Just this past week I made a two-day turnaround trip to the Bay Area, booked my tickets on the internet and flights scheduled for morning depart and morning return. Both flights were on time!!! I mean on the dot! Travel tip: when flying out of Burbank get to the airport 45 minutes before your flight. On busy travel days the security and check-in lines can be a tad long.

Recently, I was the benefactor of an exceptional question from a reader named Tony. It appears that Rodeo Drive and their wine list may have immigrated to a location near us. I dream of a day when a poor restaurant critic may soothe his many worries with an exception glass of wine and not be required to carry a bag of gold dust as payment. Like the majority of us, Tony strikes me as a regular consumer of wine; a person who is not cheap but searches for value when he is dining out. To be more explicit, it appears that Tony has some difficulty in partaking of the wine experience when he perceives that he has been taken advantage of, or possibly robbed by a very kind and wholly inoffensive waiter... one who surgically extracts substantial sums of money through the use of a corkscrew.

TABLE FOR TWO by Peter Dills
thechefknows@yahoo.com

The hero of our tragic story, Tony, recently went to a Pasadena restaurant and ordered a glass of house Cabernet. He liked the initial selection and proceeded to order another glass. The bill arrived and Tony was shocked to discover that each glass of wine was (\$14). His night went from a great evening to one of disappointment and incredulity. Tony asked me to investigate the practice of mark-ups at restaurants. Tony also did some research and discovered the same bottle for (\$15) at Vons. The waiter told Tony it was (\$52) to purchase the whole bottle and that they pour five glasses per bottle.

I reached out to my many sources in the industry and this is what I found out. Ian Blackburn, founder of Learnaboutwine.com, said, "That (\$14) is common for a good glass of wine and the math works out to (\$52) for the full bottle at that price." Many chain restaurants use a Libby wine glass that costs them a couple of bucks, while upscale restaurants will use a higher quality glass. My next call was to Randy, who owns the Domenico's restaurant on Washington. He tells me that his wine purveyors suggest "triple the cost of the bottle. Thus if you see a bottle for (\$30) at your favorite restaurant the rule of the thumb is that they paid (\$10) for it." My suggestion to Tony and my readers is it to never let the server blindly pick the wine. Ok, how about corkage fees? Most restaurants charge \$4-\$15 for this service because, yes, they still have to open your bottle and clean the glasses. It is unacceptable to bring in a bottle of wine that is already listed on the restaurant's menu. If it is an owner-occupied restaurant, often it is a good gesture to let the owner sample the wine that you have brought in. Erudite wine broker Eddie Ramirez offers this insightful advice, "Always have the wine list when ordering, and I do not recommend asking the servers for a wine recommendation unless you do not have any issues with the price." I hope this helps. I learned something as well.

Become a fan of Peter Dills on Facebook, and read about events and restaurants not covered here.

Email me your suggestions to *thechefknows@yahoo.com*.



INGREDIENTS

1 1/2 lb. extra lean ground beef
2 tbsp. Sierra Madre Seasoning
6-8 white cheddar cheese slices
12-16 bacon strips, cooked
6-8 whole wheat hamburger buns
1 jar Sierra Madre Grocery Company Caramelized Onion & Garlic Spread* (Available at Taylor's Market - Sierra Madre)
1 package arugula
tomatoes & pickles optional

DIRECTIONS

Lightly mix Sierra Seasoning in with ground beef and form into 6-8 patties. Grill patties 5 minutes per side, or until cooked through. Place cheese to melt on burger while grilling second side. Grill whole wheat buns, inner side down until lightly toasted. Spoonful SMGC Caramelized Onion & Garlic Spread on cheese. Top with bacon strips, arugula, tomatoes & pickles. Smile and Enjoy!

SIERRA MADRE GROCERY COMPANY INTRODUCES TWO NEW BRUSCHETTA SALSA'S & A HEALTHY CHANGE



SIERRA MADRE GROCERY COMPANY is excited to introduce two new Bruschetta flavors to our product line; Rustic Roasted Vegetable Bruschetta and Fruit 'n Fire Salsa! Our salsa recipes are naturally low in sodium and some are gluten free. The company will NOW use Olive Oil! Additionally, we are taking the peanuts out of our Sweet 'n Spicy Mountain Trail Mix to make the product more allergen friendly.

Opening in early 2010 Sierra Madre Grocery Company has been growing as a specialty food company to gourmet food stores, supermarkets and wineries. We are on the shelf in many of the San Gabriel Valley Albertson's, Claro's Italian Markets and both of the San Antonio Wineries in Los Angeles and Ontario. The company aims to increase the distribution of quality selections along with helping to cultivate new relationships in 2013.

The current product line consists of Roasted Garlic and Olive Bruschetta Salsa, Black Bean & Corn Salsa Madre, Sweet & Spicy Mountain Trail Mix, Sierra Seasoning Rub, Four Cheese & Olive Crisps, Sierra Flatbread & Caramelized Onion & Garlic Spread.

FRESH: CELEBRATING THE TABLE

Cooking at the Arboretum

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Steven Mary, Executive Chef of CATAL (a Patina Group Restaurant in Downtown Disney)
Wednesday, February 6, 2013
3-5pm

Through the years, Steven Mary has been an active and giving participant in many of the Arboretum's programs, and in particular has served as a role model and chef for all the children in our Roots and Shoots Children's program. In addition, he has delighted many adults with his delicious and innovative classes here. In between all of his Arboretum volunteering, he has also been a chef under Craig Strong at the Ritz Carlton/Langham Hotel, Executive Chef of Pinot Bistro in the valley, and is now Executive Chef of CATAL in Downtown Disney. Call now for reservations as this class fills quickly, and is limited in size. Chef's menu includes:

Coq Au Vin
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Happy Tails

by Chris Leclerc



Just when I think I've met the sweetest, most loveable canine companions I could ever hope to meet, yet another furry four-legged comes along and proves me wrong! I'm specifically referring to a relatively new doggy client of mine named Yote (pronounced "Yotee") who moved to Sierra Madre just a couple of months ago with his human mom, Debra Herzog. Debra discovered the charm and enchantment of Sierra Madre's canyon village during a visit to our town this past Fall, and she describes her experience that day as "Love at first sight". Although she liked her current home in the Hollywood Hills at the time, she was stricken by the peaceful nature of our lovely little berg. The small town atmosphere and character of the canyon coupled with the beauty of the foothills that line the sky behind us were very much part of what won Debra's heart. She immediately decided to start looking for a home in our cozy community, and after checking out several listings, she did indeed find what she considers to be just the right place for her and her precious pup, Yote.

Debra and Yote's quaint canyon cottage is tucked tightly into the top of the lower canyon, just below the Woodland water basin, with an enormous evergreen tree shading a front yard that is just perfect for Yote to play in. Debra rescued Yote, a gorgeous and gregarious golden corgi chow mix from an LA animal shelter nearly a year ago when he was just a puppy. He had been abandoned along with his siblings in an apartment, and when the authorities came to take the puppies to the shelter, he was left behind yet again. It seemed that little dog was destined to be alone without a loving home, but in a remarkable stroke of luck (or, I like to think more likely by way of a miracle) someone heard him crying in the apartment next door and called animal control. The little left-behind pup was finally rescued and brought to the shelter, where he was found to have distemper. Because he was so sick, he stood less chance of being adopted, but Debra knew when she met Yote, that they were meant to be together, so she readily accepted the challenge of getting him healthy and giving him a happy life. Well, let me just say, Debra has done a beautiful job in meeting both of those goals on Yote's behalf.

Due to a demanding work schedule, Debra found herself unable to spend as

YOTE & RUE DE - A Story of Brotherly Love

much time as she'd like with Yote, and she didn't want to leave him home alone during the day, so she enrolled him at a local doggy daycare where he could interact with other dogs. In fact, Debra tried out a few different daycare facilities in search of the perfect place, and everywhere she took him, Yote became known as the official "activities director"! Yote is such a social guy, he refuses to leave anyone out of the fun. He showed affection to all his canine classmates, and even engaged the less social dogs in participation with the rest of the group. At every daycare Yote visited, Debra was told the same thing: "That is one special dog with a very big heart. He makes it his mission to help other dogs get involved and come out of their shells."

After moving to Sierra Madre, Debra called me for dog walking services, and soon embarked on a quest to seek out a brother or sister for Yote, so he could have a constant companion to play with at home. Having inquired about 10 or 15 different dogs without finding a good match, on the Friday just before Christmas Debra heard about a chow mix at Devore, which is known to be a high-kill shelter in San Bernardino County. This particular dog was scheduled to be euthanized that Sunday morning, so with no time to spare Debra asked the shelter to hold out long enough for her to come with his potential new brother, Yote to see if it was a good match. The next day, after explaining to Yote that they were going to meet what she hoped would be his new constant companion, Debra took Yote with her to the shelter where they met a very broken, sickly and desperate dog that happened to look very much like Yote. Debra told Yote, "Do your thing, buddy, go and show some of that good love you've got in your heart to this guy, because he really needs it." Within moments, and in his typical prime form, Yote managed to brighten that would-be "death-row" doggie's spirits and had him wagging his tail and warming up to both he and Debra as if to say, "Please take me home with you." Debra and Yote both knew that this was the right dog to add to their family.

Next, Debra needed to decide on a good name for Yote's new found four-footed friend, and she chose the French-spelled name RueDe (pronounced "Rudy"), partly because Yote's favorite toy is "Rudy the Reindeer" and partly because of the significance of the French word "rue", which happens to have a few different meanings. In French, the word

"rue" can refer to several types of plants, and it is also used as a cooking term, but the significance of the term "rue" being defined as a road or street is why it best applied to Debra's new rescued buddy, because he was found carousing the streets near Paris (Paris, California, that is). Remarkably, RueDe responded almost immediately to his new name, and Yote recognized RueDe as his new brother, without as much as a question.

Debra, Yote and RueDe's story touched my heart, mainly because of the out-pouring of kindness on Debra's part, and the out-pouring of brotherly love between those two grateful dogs. Every time I hear success stories of shelter-pet adoption I find it hard to hold back the tears brought on by knowing that those animals would have otherwise been euthanized, but instead were given a second chance at life and have brought immense joy to their new human companions. There is nothing like love to heal the heart of a broken spirit, and brotherly love between two dogs hopefully inspires us all to behave in the same way.

Debra has watched Yote grow from a sickly abandoned puppy into an adult dog who has the gift of kindness and compassion that he shares with every being that comes across his path. Now she is watching RueDe grow into a trusting, loving companion for Yote and for this Debra is very grateful. She now has two precious pups in her home who seem to understand how fortunate they are to have been rescued from what could have been a frightful fate and given a second chance at not only life, but a very healthy and happy life where they can shine their light on others and bring joy to the many people they meet. And so, as I often do, I will end this heart-warming, very happy tale with two of my favorite phrases: Love and let live! - and - Thank God for the dog! Life is too short not to share our inner gifts and the love we have in our hearts, and to me there is no more rewarding way to share our gifts and love, than with a dog who will give back the same, unconditionally.

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PET OF THE WEEK

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three pounds and likely to grow to sixty pounds, sweet Ethel is an enthusiastic blank slate when it comes to training. This frolicsome puppy loves dogs, children and life itself and she cannot decide which activity she wants to do more - chase a ball or lick your face! Ethel was made for children and will make an outstanding indoor pet for an active family living in a private home. To watch a video of Ethel and Lucy please visit: www.youtube.com/watch?v=3K5Z_TvDjMg

To meet Ethel in person, please see her at the Baldwin Park Animal Care Center, located at 4275 N. Elton St., Baldwin Park, CA 91706 (Phone: 626-430-2378 or 626-962-3577). She is currently available now. For any inquiries about Ethel, please reference her animal ID number: A4533008. The shelter is open seven days a week, 12 pm-7 pm Monday-Thursday and 10am-5pm Friday-Sunday. This is a high-intake shelter with a great need for adoptions. For more information about Ethel or the adoption process, please contact United Hope for Animals Volunteer Adoption Coordinator Samantha at Samantha@hope4animals.org. To learn more about United Hope for Animals' partnership with the Baldwin Park Shelter through its Shelter Support Program, as well as the many dogs of all breeds, ages, and sizes available for adoption in local shelters, visit <http://www.unitedhope4animals.org/about-us/shelter-support-program/>.

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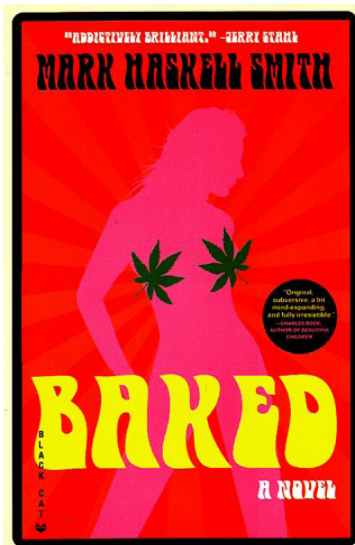
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JASMINE'S CORNER

Book Reviews by Jasmine Kelsey Williams



Baked: A Novel By Mark Haskell Smith

This next choice for the month of January will transport you to another corner of the world, but the time period remains the same and as a result, will bring along an adventure of sex, drugs, and a dash of rock and roll. Mark Haskell Smith's 'Baked' is a witty, funny, and thrilling adventure which focuses on the protagonist Miro Basinas, a so-called experimental botanist. This little factor of Miro, along with the simple title and vibrant cover that pull in the reader, but the information and the story that follows will certainly keep the reader engaged. Miro is an experimental botanist of sorts, but the key factor is that he grows his own special brand of marijuana which he wishes to sell to a high-bidding and discerning clientele. The action and humor will immediately be present as soon as the reader has gone through the first chapter, and learns that not only Miro is entering his special marijuana to the Amsterdam Cannabis Cup (the Golden Globes of weed so to speak), but that there also have been others secretly watching him and wanting to covet his brand for themselves. Smith does not hesitate to style his pacing as he sees fit, and the reader should recognize that his style of

pacing is plenty for his genre of writing; slow interludes between other characters work in perfect sync with the fast-paced action between Miro and his compatriots, who find themselves in deep water when Miro is shot, his weed stolen, and to top it, a quest for revenge on who did it.

Copyrighted in 2010, and having received generous praise from sources such as Booklist, Los Angeles Times, and Kirkus Reviews, 'Baked' is just the book you will be looking for when you wish to kick back and chill, or to keep you entertained for those long bus trips and airline flights. However, always keep in mind that 'Baked' does contain quite an amount of sexual and drug related content, so this is a read that should be directed to readers of a mature audience to make sure they are able to comprehend the scenarios that may play out when reading 'Baked'. But for those who enjoy a fun adventure, hilarious mishaps, and a quest to find what you have lost when one has worked hard for it, 'Baked' will be the perfect read to enjoy and to satisfy all your tastes.

DVORAK SYMPHONY #8 and SCHUMANN CELLO CONCERTO TO BE PERFORMED at JANUARY 25 PCO CONCERT Friday, January 25, 8 p.m., First Church of the Nazarene, Pasadena

WHO: Pasadena Community Orchestra

WHAT: Free orchestra concert features Dvorak's Symphony No. 8, Schumann's Cello Concerto in A Minor, and Henry Cowell's Hymn and Fuguing Tune No. 3.

UCLA graduate student Christopher Ahn, who has performed in the U.S. and on four other continents, joins the orchestra for the Schumann. Symphony No. 8 displays a joyous spirit, and Dvorak's beautiful use of Czech folk tunes. In the Cowell, the composer has fun with traditional melodies from the American South. A reception follows the concert, at which audience members will have the opportunity to meet the soloist and the other musicians.

WHERE: In the sanctuary of First Church of the Nazarene, 3700 E. Sierra Madre Blvd., Pasadena (just west of Michillinda Avenue). Free parking, wheelchair access.

WHEN: Friday, January 25, 8 p.m.

FURTHER INFORMATION: Please call 626.445.6708, contact pcoemails@gmail.com, or visit our website at www.pcomusic.org.

SEAN'S SHAMELESS
REVIEWS:

Review By Sean Kayden

RA RA RIOT

After the departure of cellist, Alexandra Lawn, Ra Ra Riot decided to change gears from baroque pop rockers to electro-pop advocates. Perhaps her choice to leave the band had to do something with the decision to go down a different path. Nonetheless, their third album titled "Beta Love" is the band's first venture into the overcrowded playground of synthesizers. As the album progresses, it becomes abundantly clear this is the band's new style of choice, one which they don't necessarily pull off as well as their competition. However, the effort is a bold one given their fan-base and while I must praise the band for breaking out of their own bubble, it's just now they've entered into a bubble ready to burst. "Beta Love" is a risky removal from the band's initial style. Despite that, Ra Ra Riot may have experienced a mild artistic crisis as they were developing their latest album. Whatever the case may be, the hit or miss factor plays from track to track.

Artist:	Ra Ra Riot
Album:	Beta Love
Label:	Barsuk
Release Date:	January 22, 2013

"Dance With Me" kicks the album off in high gear. It's an early indication of how the album will play out. It's a fun track that will have you dancing in no time, but like with most songs found here, the emotional potency this band had on previous albums seems to be missing. It's been traded in for frantic beats and modern technology. "Binary Mind" is a fine follow-up track. It has a great chorus and by far the most buoyant song off the relatively short album. Like the first track, it's an amiable song, but everlasting it is not. My favorite track is the eponymous track, "Beta Love." It's sugary sweet with a killer falsetto to boot from frontman Wes Miles. The track is definitely slower than the previous two and while it is a synth-driven tune, it's proof that Ra Ra Riot can pull off something great. The following track is "Is It Too Much." This is one a slow electro-pop song that does try to mimic their previous sound, but with the added electronics. Strangely enough, it works and quite well. Sure the sound is moderately low beat and remains fairly consistent throughout, but with the inordinate vocals and beauty of it all makes for something surprisingly moving.

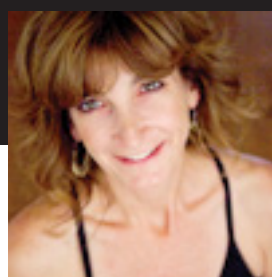
Unfortunately, Ra Ra Riot goes into a strange land with "What I Do For U." A dreadful song that lasts less than two minutes that has altered vocals, space-like beats and indiscernible lyrics at times. "When I Dream" is another stinker. While I can enjoy the slower side of Ra Ra Riot, this one just drags you down. Maybe it's because Miles' falsetto is nowhere to be found, but this doesn't feel like a traditional Ra Ra Riot tune. However I guess after this album, there really isn't anything traditional about this band any more. "That Much" is a considerable improvement over the last two tracks mentioned, but unlike the first half the album doesn't come close to being praiseworthy. It's yet another song lacks a certain pizzazz. With an abundant of samples thrown in the mix and an obnoxious background of the lyrics "that much" being played in fragments, it becomes more annoying than welcoming over time. There's a saving grace in the final act with the closing track, "I Shut Off." Ra Ra Riot gathers much needed momentum in the end with this blistering, bold, and wickedly catchy track. Miles' vocals are ultra smooth, the arrangements impress and the song is easily the most vintage sounding song even with Ra Ra Riot's newfound love of electronics.

"Beta Love" whizzes by in a blink of an eye. Okay maybe in a really tired blink of an eye especially when those completely underwhelming, disposable songs play. At any rate, there are things to like here. You can have a little fun with "Dance With Me," and "Beta Love," and feel the gentler side of Ra Ra Riot with "Is It Too Much," and "I Shut Off." The problem is that while there are some decent songs, there are really only two or so really good tracks. The rest are rather uninspired and entirely unmemorable. Ra Ra Riot took a big swing, but came up short. The gamble they were hoping to win big with has left them breaking even. Perhaps even losing a little bit but hopefully coming away from it all with a new established outlook they can utilize next go around.

Grade: 6.8 out of 10

HEALTHY LIFESTYLES

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to the opposite side of the brain, which balances us mentally. Because one side of the brain is the side that keeps us fired up and active and the other side helps us think and or sleep. Nadi Shodhana is very good for resorting our natural sleep patterns. It can be done just before bed or first thing in the morning.

On an energetic level, it helps decongest and purify the nadis (channels of energy running up each side of the body). Ida is the feminine side, the lunar, yin, physically relaxing, passive, receptive side that controls sense organs. Pingala is the masculine, solar, yin side that activates and makes us dynamic. These sides of us need balance.

Sit comfortably on a chair or cushion, spine tall. Run your right thumb down the right side of your nose to just below the bone and close off the right side. Breathe in through the left nostril. Close off the left nostril with the ring finger and exhale through the right side. Now inhale through the right side. Block off the right side and exhale through the left. That is one round. Do this for 15 minutes daily, in a calm place. If you do this everyday for 30 days, I promise you will feel more balance in your life. You will react less. It really works. Of course, it is best to work with an experienced teacher at first. May your life be balanced and beautiful.

Namasté, René

EXPAND BY DEMAND by Dr. Dennis Buckley

Norman Vincent Peele who wrote, "The Power of Positive Thinking" asked heavyweight boxing champion Gene Tunney how he had such well sculpted muscles. Gene replied that every day he pushed against massive resistance and his muscles expand by demand. Problems are all around us. Dr. Peele said, "Problems are a sign of life." The only people without problems are buried in a cemetery.

Problems are like the resistance that you push against to sculpt strong muscles. Problems in our life are like resistance to mold our character and our souls.

Health problems need to be pushed against through action. If you are overweight you need to take action such as walking, running, biking, swimming and hiking. You push back against the accumulation of fat by moving to sculpt your body to have a better lean body mass to fat ratio and you look better!

If you are lethargic, get moving and stimulate your metabolism to elevate it and give you more energy. If your diet is poor, push back those sodas, chips, fried foods, red meat and build health with fruits and vegetables, whole grains and beans. Resist the bad stuff and welcome the good stuff. You see the problems that develop in health whether it be an ache, the bathroom scale says you are too big, your blood pressure is too high, or your temperature is rising, are all problems and a sign of life if you react and push through this resistance by taking action. Take a different course and allow your life to get better, recover and expand your health and lifespan by responding to the demand.

Listen to your body. Welcome those problems and respond accordingly. It will keep you on track and help to avoid future problems as you learn to expand your influence over yourself by demand.

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One Of A Kind: *Featuring unique homes and gardens and the people who create them* Story by Chris Bertrand Photos by Susanne Hayek



JUST LISTED: GORGEOUS KITCHEN COMES WITH A WONDERFUL SIERRA MADRE HOME, TOO!

It is said that the kitchen is the heart of the home... and one of the first places buyers want to see when considering a home purchase. The fabulous kitchen remodel at this Sierra Madre home just listed will definitely catch the attention of home buyers searching in the community.

The Omega pecan cabinetry offers a tasteful change from the ordinary in this hub of the home. High end, stainless steel appliances and granite counters are set off by bead board work on the center island, which is also mimicked in the intricate door design in one section of the kitchen.

There's room for the kids to pull up their homework at the breakfast bar and cooking island while dad or mom prepares dinner. When a party's on the docket, the island provides a great place to serve a buffet to guests.

The large double ovens are ready for the home baker to cook up a storm of cookies or a banquet. An upscale wine chiller displays the owner's favorite vintages through the glass front, ready to pop open to compliment the chef's preparations.

The kitchen isn't the only area boasting a sleek remodel, as the master bathroom has undergone a complete makeover with artisan tile work, those gorgeous Omega pecan cabinets, slab granite counters, dual sinks, and a walk in shower with seating and plate glass surround. Even the laundry room features an upscale, up to date look, with slab granite counters.



The living/dining combination space features a brick-faced fireplace as the focal point of the formal areas. Finished in place, hardwood flooring, recessed lighting complete the look, which easily accommodates traditional or contemporary furnishings.

Conveniently located adjacent and open to the kitchen, the family room also features a brick fireplace. The room opens to a delightful brick patio looking out to the spacious yard.

Though the home's flexible, 2796 square foot floor plan technically offers five bedrooms, with three bedrooms located on the main level. Some of the bedrooms would be perfect for use as a home office, gym or playroom.

Outside, the wonderful professional landscape was created by a well known local firm, Gagnier Landscape. A beautiful combination of stonework, curved walkways and careful design provides a pleasing curb appeal.

This home, located in the charming community of Sierra Madre is walking distance to one of the city's major parks, Sierra Vista Park. About a half mile away, the bustling downtown offers many bistros with outdoor, pet friendly seating, plus a variety of unique shops and services.

471 San Gabriel Court, Sierra Madre, is offered at \$1,100,000 by Pamela Cimino of Podley Properties. An open house is scheduled in a week, on Sunday, January 27 from 2-4. For more information or to arrange a showing, call 626-975-6721.



Tips of the Trade: Real Estate Revealed

by Luther Tsinoglou Realtor®

FINAL EXAM

You're ready to celebrate: your offer was accepted, you got your dream home under contract, your financing has been approved, appraisal and inspections performed, and settlement and closing are only a handful of days away. What important step have you yet to take? It's the final walk-through.

It may seem minor, but this real estate tradition is critical before you take possession. This is the last opportunity for you and your agent to verify all is prepared - and repaired - according to your contract.

Make a checklist and begin with the plumbing, starting the dishwasher and clothes washer upon your arrival. Check under the sinks for any signs of leaks, turn on the shower and kitchen and bath faucets, and flush all the toilets so you know all is in working order. Move on to the electrical systems, by turning on all the light switches, starting up the clothes dryer, and making sure the oven and stovetop heating elements are working. Open and close the garage door while you're at it. Be sure the sellers have left you any manuals and warranties for the appliances.

Don't forget to open and close all the windows and any sliding glass doors. Sure, your inspector is supposed to check and report on all these items, but this is your last chance to avoid any oversights or surprises!

Luther has been licensed and practicing real estate since 1992. He specializes in residential and income property in the Greater San Gabriel Valley. Luther Tsinoglou has again been named a top producing sales agent with Podley Properties for 2011, making the top 10% at the company overall. Luther can be reached at his direct line (626) 695-8650 or at luther@tsinoglou.com

ROSE PRUNING

Saturday, January 12

10am-1 pm

Palm Room

Jill Morganelli, Instructor

\$25 Arboretum members / \$30 non-members (includes Garden admission)

Join Jill Morganelli, the curator of the Arboretum's Victorian Rose Garden, for a workshop about rose pruning and rose care. January is a big month for roses; proper pruning and soil building will determine the health and beauty of roses throughout the year. Jill will demonstrate all the techniques for pruning a variety of different types of roses, lead a discussion on disease control and soil building, and teach you how to nurture perfect roses!

At 10am, come to the Palm Room for a very informative (i.e. essential!) talk, and then walk to the Rose Garden for a demonstration and question/answer session...Bring water and a hat.



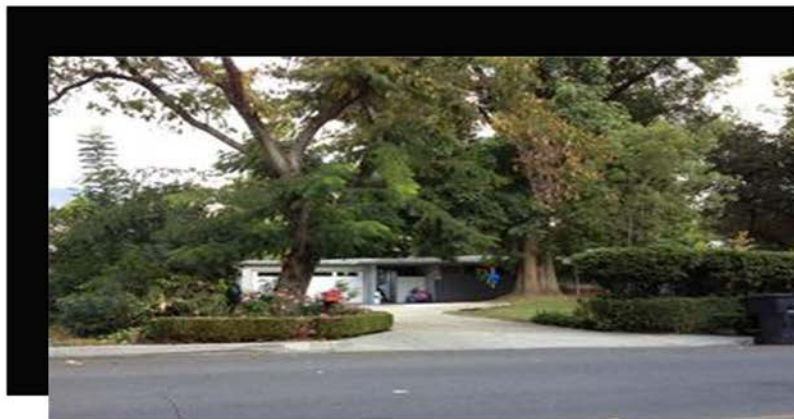
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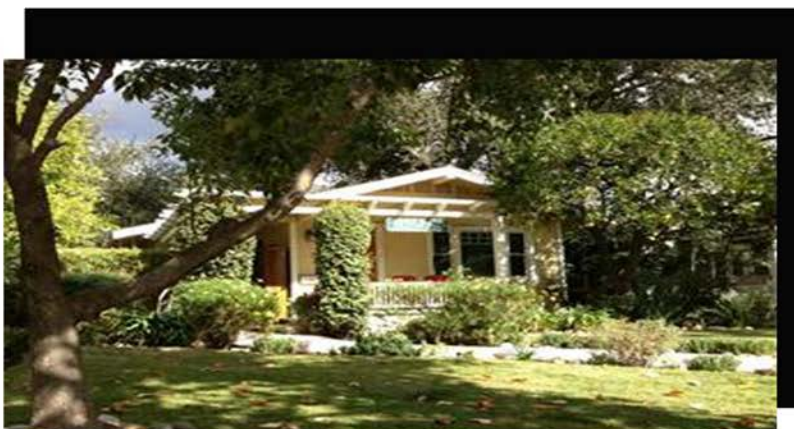
615 E. Orange Grove Sierra Madre



\$859,000

This home is in need of some 2013 pizzazz! The lot is tree lined with mature landscaping. There is a pool in center of yard with a fully permitted over 600 square foot guest house/maybe office! You also have a large garage and a driveway that can hold many cars. The main house is 3 bedroom 2 bath, there are hardwood floors and some vinyl flooring. This would be a great project for the right Buyers!!!

373 W. Sierra Madre Bl. Sierra Madre



\$775,000

Perfect for live work BUYERS!! Zoned Residential Professional! Adorable craftsman type cottage with newly built addition that has 2 master suites and a den (all built in 2007), there is also a 3rd bedroom with a another bath. Porch surrounds the front yard with pretty garden; back yard has private garden setting.



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Sponsored by Friends of the Monrovia Public Library

Sustainable gardening is particularly important in Southern California. Native plants thrive in our dry climate and can create exciting landscapes too. And what is better than eating fresh picked produce resulting from your own loving care?



John Lyons from *The Woven Garden* is an expert on native and edible gardens. He designed a garden titled *The Edible Labyrinth* for the 2009 LA Garden Show, held at the LA Arboretum. John's garden was dubbed "the most intriguing installation at the LA Garden Show" by Sunset Magazine's senior garden writer.

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This program is part of the **Discover Your World** Cultural Program Series

Saturday, February 9

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Gary R. White, DVM

GETTING SOCIAL SECURITY HELP MAY BOOST YOUR BENEFITS

Dear Savvy Senior: Are there any services that you can recommend that help pre-retirees decide when to start drawing their Social Security benefits? My wife and I are still a few years away from retiring but want to carefully weigh all our options to make sure we get the most from our benefits.

Approaching Retirement

Dear Approaching:

Deciding when to begin collecting your Social Security benefits could be one of the most important retirement-income decisions you'll make. The difference between a good decision and a poor one could cost you tens of thousands of dollars over your retirement, so doing your homework and weighing your options now is a very smart move.

What to Consider

As you may already know, you can claim Social Security any time from age 62 to 70, but the longer you wait, the larger your monthly check. However, there are many other factors you need to take into account to help you make a good decision, like your current financial needs, your health and family longevity, whether you plan to work in retirement, whether you have other retirement income sources, and if you're married, your spouse's situation.

You also need to understand the dizzying array of rules that can affect your Social Security benefits, and factor in the various strategies that can increase your benefits if you're married, divorced or widowed.

To help you compare all your options, there are a number of online tools and services that have sprung up in recent years that can help you make an informed decision.

Online Tools

To get started, your first step is to go to the Social Security Statement web page (socialsecurity.gov/mystatement) and get your personalized statement that estimates what your retirement benefits will be at age 62, full retirement age (currently 66) or when you turn 70. These estimates are based on your yearly earnings that are also listed on your report.

Once you get your estimates for both you and your wife, there are several online tools you can turn to that can crunch hundreds of calculations to compare your benefits under various scenarios and different ages to help you figure out your optimum claiming strategy.

Two free sites are Analyze Now (analyzenow.com) which offers a robust decision-making tool called the



"Strategic Social Security Planner," but requires Microsoft Excel to use it. And AARP's Social Security Benefits Calculator (aarp.org/socialsecuritybenefits), which is a less sophisticated tool but very easy to use.

Or, if you don't mind spending a little money, there are higher-level services like Social Security Choices (socialsecuritychoices.com) which provides a comprehensive customized report for only \$30 to help single, married or widowed pre-retirees identify their best claiming strategy. Or Maximize My Social Security (maximizemysocialsecurity.com), which charges \$40 for their report, and takes into account the thousands of different factors and combinations to help you maximize your benefits.

Personalized Advice

If, however, you want or need more help, there are specialized firms and financial advisors that can advise you for a fee.

One of the best is Social Security Solutions (socialsecuritysolutions.com, 866-762-7526), which offers several levels of service including their "Premier Plus" plan that runs multiple calculations and comparisons, recommends a best course of action in a detailed report, and gives you a one-on-one session with a Social Security specialist over the phone to discuss the report and ask questions. The fee for this service is \$125.

Premier Social Security Consulting (premiersocialsecurityconsulting.com, 800-518-0761) is another option that offers several consulting packages, ranging from \$75 to \$295.

Or, you can get help through a fee-only financial adviser who specializes in Social Security analysis and charges on an hourly basis. To find someone use the Garrett Planning Network (garrettplanningnetwork.com, 866-260-8400), which offers the services of 300 independent advisers nationwide. The cost for a Garrett advisor ranges between \$150 and \$300 per hour.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



KATIE TseThis and That

VIM AND VIGOR-Who Could Ask For Anything More?

How's winter treating you? We've made it past the holidays, and the daylight is slowly increasing. Some people like the cold, but I prefer summer.

There's probably a host of winter activities to distract us from these dark nights, but I've yet to find them. It's times like these when I start scrolling endlessly through the tabloidesque "Mail Online" articles. And every so often there'll be a boredom-busting gem in the mail. This week, it was a "The Vermont Country Store" catalogue.

The Vermont Country Store is essentially a seller of bygone items ranging from retro candies to neck-toning wraps. Current specials include the "Milk House" heater, one of those boxy, top-heavy floor lamps that used glowing orange wires to create warmth, and occasionally lit a shag rug on fire.

A great variety of clothing is also available. There's a colorful collection of muumuus, slimming microfiber undergarments for both sexes, and blankets that can be pinned around your neck. The ice scraping quilted mitt was especially interesting. Imagine an oven mitt with a small rake at the end. Good for the winter, Halloween, and anytime you have a hard to reach itch!

I could imagine myself enjoying most of the edible goods. Things like chocolate and butter cookies never go out of style. There was also a good spread of spiked candies, such as Finish vodka cordials, rum balls, brandy cordials, and non-specific liqueur filled chocolates. However, a couple items seemed to be unlikely candidates. Barley-flavored



hard candy might not go over big when competing against Snickers.

Some of the kitchen gadgets seemed possibly helpful. A wearable kitchen timer lets you know, no matter where you are, that it's time to take out the roast. But many accessories were too task-specific --the crank apple corer and the poached egg holder.

The best part of the catalogue is always the health and wellness section. You can feel like a spring chicken again with "Spring Chicken" rub. Massage it into any part of you that feels worn out. It'd probably also work as a marinade for stewing foul and other tough meats. Don't worry about sagging skin; as long as you can wrap an elastic bandage around it, there's hope of rejuvenation! You've seen your coworkers and relatives wearing those metallic bracelets intended to improve circulation. Well, now there's the "Third Wedding Ring!" No, this isn't some symbolic renewal of vows. Slip this acupuncture piece of jewelry on your finger, and stop snoring --naturally. I don't know what the acupuncture aspect is, nor do I wish to.

And finally, there's the elixir of youth -- "Vim & Vigor!" All you need to hear is the name and you know it must be potent stuff! An ounce a day keeps the doctor away. At least that's what the bottle claims. It sounds like Geritol, which I've never tried, but have sources "in the know," who say it's at least 12% alcohol. So, if your liver can survive Vim & Vigor, there's a good chance you'll outlive whatever viruses the season may throw at you. Just remember, what doesn't kill you makes you stronger. Live long and prosper in 2013!

SENIOR HAPPENINGS

By Pat Birdsall

FYI: "Slowly, She's Getting Up."

Pat Birdsall, who normally writes this section of the paper, underwent hip replacement surgery on Wednesday. I am happy to say that she is doing well and we hope she'll be back in front of the computer real soon. If you wish to send her greetings, email her at: pbird305@aol.com.

In the meantime, she'd like to remind you to stay fit! Take advantage of the fitness programs available for free at the Sierra Madre Senior Center:

On **Wednesday, from 11:00 to 11:45 am**, Teryl Willis offers **Chair Yoga**. She focuses on senior yoga techniques that are geared toward gentle movements, breathing techniques **and balance improvement**. Hmmm? On **Friday, longtime volunteer, Lisa Brandley**, conducts a free **Strength Training class from 1:00 to 1:45 pm**. The class utilizes light weights (supplied), for low-impact resistance training. No excuses, right?

I need to give my guardian angel a well-deserved rest...as it is, he or she is now sporting double-strength support hose and has put in ads in the Penny Saver for several stand-by angels. Wish me well!

HELPFUL HINT:

After boiling Pasta or potatoes, cool the water and use it to water your houseplants. The water contains nutrients that your plants will love.

FOR YOUR FUNNY BONE

This is a true account as recorded in the Police Log of Sarasota, Florida. An elderly lady did her shopping and upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her voice, "I have a gun and I know how to use it! Get out of the car!" The four men didn't wait for a second invitation. They got out and ran like mad. The lady, somewhat shaken, then proceeded to load her shopping bags into the car and got in the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried and then it dawned on her why. For the same reason she did not understand why there was a football, a Frisbee and two 12 packs of beer in the front seat! A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told her story couldn't stop laughing. He pointed to the other end of the counter where four pale men were reporting a carjacking by a mad, elderly woman carrying a large handgun. No charges were filed. If you're going to have a senior moment, make it memorable!

Did you hear about the scientists who crossed a sheep with a porcupine? They got an animal that knits its own sweaters. (Groaning is recommended)

HAPPY BIRTHDAY! ... January Birthdays...



Mary Tassop, Judy Webb-Martin, Mary Bickel, Marlene Enmark, Ross Kellock, Ruth Wolter, Sue Watanbe, Sandy Thistlewaite, Bobbi Rahmanian, Fran Syverson, Shirley Wolff, Judy Zaretzka and Becky Evans. *To add your name to this distinguished list, please call the paper at 626.355.2737. YEAR of birth not required.

Quote of the Week: If you cannot be a poet, be the poem. ~ David Carradine



ACTIVITIES: Unless listed differently, all activities are at the Hart Park House (Senior Center) 222 W. Sierra Madre Blvd., Sierra Madre

YMCA San Gabriel Valley Intervale Senior Café: Monday-Friday at 12:00 Noon (Participants are urged to arrive no later than 11:45 A.M.)

All seniors 60 and up can take part in the lunch program. There is a suggested donation of \$2.00 for those 60 and over and \$3.75 for non-senior guests. Daily reservations are necessary as space is limited. Please call 24 hours in advance...626.355.0256

Free Blood Pressure Testing: On the 2nd Tuesday of the month 11:00 am-12:00 pm: A nurse from Methodist Hospital, Arcadia volunteers to do the readings. No appointment necessary.

Bingo: Every Tuesday afternoon from 1:00 pm- 3:00 pm Cards are only .25c each!

Free Chair Yoga: Every Wednesday morning from 11:00 am-11:45 am Volunteer Teryl Willis offers this class that focuses on senior yoga techniques. It is geared toward gentle movements, breathing techniques and balance improvement. No reservations are necessary.

Free Legal Consultation: Pasadena attorney Geoffrey Chin volunteers on the 2nd Wednesday of the month. He focuses on estate planning, trusts, wills, probate, conservatorships and business law. ***Appointments are a must!** Please call: 626.355.7394 to make yours* *Conflicting court schedules can occasionally cause cancellations.*

Birthday Celebrations: The 2nd Thursday of the month the Senior Center celebrates the birthdays of our patrons at 12:30 pm. Please join us for free cake and ice cream and "celebration." (The cakes are provided due to a generous donation from the Sierra Madre Civic Club.)

Game Day: Every Thursday at 1:00pm. Poker is usually the game of choice, or should I say chance? Board games and other card games are also available. Outside, on the patio, a beautiful, one-of-a-kind chess table is anxious for players.

Free Strength Training Class: Every Friday from 1:00 pm -1:45 pm. Conducted by long-time volunteer, Lisa Brandley. The class utilizes light weights for low-impact resistance training. Weights are provided by the Sierra Madre Senior Center. It's a great way to stay in shape and to socialize with your peers. (Gossip included)

Senior Citizens Club: Every Saturday at the Hart Park House (Senior Center). Brown bag lunch at 11:30am; Club meeting at Noon; Bingo 12:30- 3:30 pm. Only .25c per card... For more information call Pat at 626.355.7290.



EXCURSIONS:

Autry National Center-Guided Tour (Griffith Park, Los Angeles)

Date: Thursday, January 31, 2013

Time: 9:30 am- 3:00 pm

Meeting Location: Hart Park House Senior Center

Cost: \$20.00 (does not include lunch)

Don't miss a visit to this historic museum which explores and shares the stories, experiences and perceptions of the diverse peoples of the American West. A one hour guided tour will be given upon arrival followed by lunch on your own at the Autry Café and/or independent exploring of the vast collections of art and artifacts. For more information please visit www.theautry.org

* And, "save the date" for the following excursions...more information on each is forthcoming...

Fashion Institute of Design and Merchandise **Date:** Friday, February 22, 2013

Description: View actual costumes from movies released in 2012, including 2012 Academy Award Winner for Best Costume, The Artist.

Jeopardy Taping at the Sony Lot **Date:** Wednesday, March 27, 2013

Description: Attend a taping of America's favorite quiz show. Test your knowledge while host Alex Trebek challenges the contestants.

Senior Movie Program: FREE movies are shown on the 2nd and 4th Wednesdays of the month. The films, one contemporary and one vintage, are chosen by the seniors themselves. **January's selections are:**

January 23- The Sound of Music (1965) In Rogers and Hammerstein's greatest collaboration, a feisty postulant named Maria (Julie Andrews) is sent to care for the unruly, motherless Von Trapp children. She soon tames them...and finds herself falling for their stern father (Christopher Plummer). The Oscar-winning director Robert Wise used stunning Austrian locations to transform the popular stage musical into a cinema classic in which the hills truly seemed to come alive. (Run time is 174 minutes) **Start time: 1:00 PM**

All movies are shown in Sierra Madre's City Council Chambers, 232 W. Sierra Madre Blvd.

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Do you know this lady?

You should -- if you are considering downsizing, moving to retirement community, assisted living, or other alternative, listing with Mikki Porretta, SRES, should be your first move.

Mikki has been a real estate agent for over 25 years and specializes as a **Seniors' Real Estate Specialist** offering what is referred to as **'Silver Service'** a *gentle and effective transition* for the seller. This entails, many times, seeking for the seller senior communities, assisted living complexes, smaller condominiums, retirement homes, etc. When the seller is satisfied with a new location, she label all possessions for proper disposal, such as new location, to family members of choice, estate sales, yard sales, to charities or disposal. With aid with the packing, moving van, etc., if requested. This service is designed to take the trauma out of down-sizing, especially for seniors.

She has sold many properties using this **'Silver Service'** with great satisfaction to the seller and families. By helping the seller with disposal through yard sales she will often invite neighbors to join in by having yard sales at the same time thus attracting a larger number of possible buyers. This many times encourages 'junky procrastinators' to clear out 'treasures' that could be adding to the fire load or headed for 'self-storage. Self-storage is expensive and relieving home-storage is always pleasing to the fire department, fire inspectors and insurance companies.

If you have reached the stage in life when the property is a 'bit more' than you really need and has become either a financial or physical burden, Mikki invites you to investigate the specialized service she offers. Just make a call to Mikki at (626) 445-6701 or direct at (626) 462-2416. **You need her years of experience to save the memories of a lifetime**

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On Line By PJ Carpenter HOW TO WATCH

Childhood safety experts generally agree on the need to keep children safe while they're online and there are many products on the marketplace available for the concerned guardian. A fairly large number of these products have been thoroughly tested and proven effective for their intended use. While the technology has for the most part been worked out for some time now, concerned parents often find that it is the actual use of these tools that give them pause. When, for example, are they crossing the line from the proper monitoring of their child's online activities to outright spying in violation of what they feel to be their child's "right to privacy"?

Does the use of monitoring tools violate an unspoken trust between child and parent? These are very legitimate concerns and parental guardians may need to sort out exactly how they feel about such issues before getting involved with this type of technology. It's a very real thing to wonder what one's growing teenager is really up to with these devices that they interact with non-stop on a daily basis.

Who are they talking to? What are they looking at? What are they sending and, more importantly, what are they receiving? One supposes that a concerned parent could just simply ask them what they're doing but as anyone who has spent any amount of time around a tech-engrossed teenager can attest, the oft-heard reply of "Nothing" often is prefaced by a flurry of hunting and pecking at some sort of electronic device. The seemingly opaque world of what our kids are doing online must somehow be penetrated and examined if one is to effectively keep one's charge safe. Once the process of deliberation has been completed, the decision made to use monitoring tools and the software put in place the hard part begins: knowing and pretending that you don't know. Now the parent will see who their child is talking to and what they're talking about. They'll see what catches their attention and what fascinates them. They'll see what they're curious about and they'll see what they send and what they receive. They'll get a glimpse of just who their children really are when they're not around. This revelation can be a scary prospect, indeed.

Some parents will find out that their teenager really is "normal" and that there's nothing amiss at all. Some may find out that their little angel is the ringleader for all the mischief that they're certain those other kids were engaging in. Some will see evidence of risky or risqué behavior that they feel their child might not be ready for just yet, if ever. And most shocking of all some parents will find out that their little one is on their way to becoming a fully functioning adult with their own values and sense of right and wrong.

Regardless of what is revealed the watcher has to know that in their child's online world he or she is just a silent visitor and that the utmost discretion must be used to ensure that the balance between their need-to-know and the counterbalance of their child's expectation of privacy can both be honored.



Social Media
Tips & Tricks
By Merri Jill Finstrom

SYSTEMS SAVE TIME

Where am I going to get the time to do this?! We hear this over and over again at our Social Media workshops and presentations. Business people are busy people and time is a fast moving commodity.

Most realize the importance of having a strong social media presence today but they worry it will suck up all their time. So business owners need to think like business owners and remember the first rule of thumb.... a good business is built on systems! Starbucks checks off your order right on your personalized cup. Netflix re-invented home video rentals with their system. Your social media marketing strategies can be built on systems too.

Once you take the time to set up your tools, you'll be able to get them to work together. For example, you could speak into your smart phone and it can automatically update Facebook, Twitter and your Web Site! This is one of my favorite tricks. I installed the Facebook Page app on my iphone and it takes 14 seconds (yes, we've timed it, 19 seconds if I add an image) to update Facebook, Twitter and our web site - simultaneously.

Basically, you want to develop a system that allows you to "post once and populate many." You can start with a blog which can auto populate Facebook, Twitter, LinkedIn and feed your web site. There are lots of tools that make the set up for this very easy. After helping one of our clients build her system, she said, "Once you get everything set up and working together, social media marketing becomes an easy thing to do!" Getting your system set up takes some time and effort but once you have it working then you simply focus on feeding the beast with good content. Build a system. That's how you are "going to get the time to do this."

If you would like a Checklist to help you build your social media system go to www.hutdogs.com/checklists

**Post once,
populate many!**

**Or simply speak
into your iphone!**



About MJ: MJ and her brother David own HUTdogs, a creative services business that specializes in Internet Marketing strategies and Social Media Education for businesses and non-profits. "Like" them on Facebook for trending news in social media, internet marketing and other helpful tips, www.facebook.com/hutdogs. Sign up for their upcoming classes and presentations at: www.hutdogs.com/workshops/schedule

BUSINESS TODAY

The latest on Business News, Trends and Techniques

By La Quetta M. Shamblee, MBA



THE ART OF WAR: A Guidebook For Business Success

Initial apologies are in order to those who take offense to the use of war as a teaching tool for entrepreneurs, but the lessons found in the study of military strategy are too numerous and too valuable to bypass. On a positive note we can glean important lessons to apply to business from any situation, including *The Art of War*, an ancient military treatise that has influenced war strategy for more than 2,000 years.

Attributed to Sun Tzu (pronounced "Sun Wu" or "Sunzi"), a high-ranking general, strategist and tactician, *The Art of War* is composed of 13 chapters, each devoted to a specific aspect of warfare. Sun Tzu is thought to have lived at some time between 771-476 B.C., the time period recognized by some historians as China's Spring and Autumn Period. Some historians have questioned Sun Tzu's authenticity, wondering if he was a real person or simply a created legendary persona, but some facts are unquestionable.

The year 1772 marked the beginning of the book's importance on an international scale when it was translated into French. The first completed English version was published in 1905. Although intended as a guidebook for the most debased of mankind's activities of destruction, *The Art of War* continues to have a profound impact on planning, strategy and tactics for military, business and legal applications. We can approach a study of this document with the goal of identifying the silver linings that can be applied for productive enterprise toward economic stimulus and job creation.

The following list includes the area of focus detailed in each of the 13 chapters in *The Art of War*. The Chinese-to-English translation may have varying nuances regarding the meaning of specific words, but the principles are ready-made to apply to business.

1. Assessment – take a look at everything and layout your plans
2. Economize – proceed in a manner that won't exhaust all of your efforts and resources in one single engagement
3. Maximize – work smarter, not harder by outsmarting and outwitting your opponent
4. Formidability – establish yourself in the best position possible, then be flexible as to when you need to attack (proceed aggressively) and when you need to defend (protect your turf)
5. Intangibility – fight head-on when needed and indirectly when it is to your advantage
6. Imperceptibility – operate under the illusion of what you want your enemy (competitor) to know about you, while being tactical with the implementation of your real plan
7. Out-Maneuver – be clever and perhaps fire the first shot (be the first to do something new, but do it with excellence), even if silently; don't put yourself into a position that will force you to be reactive
8. Strategy – use your knowledge of your opponents, allies and terrain to your advantage in every situation
9. Vigilance – keep moving and maneuvering your team toward your ultimate goal
10. Situational Positioning – pick the best strategy and use the tactics most appropriate to the terrain on which you operate
11. The Nine Terrains* – become a master at knowing the nine types of environments in which you will operate so that you will appropriately apply the principle above (*dispersive, facile, contentious, open, in midst of intersecting highways, serious, difficult, hemmed-in and desperate)
12. Use Fire – attack with fervor and passion; move fast like the wind, but apply the passion only to the areas that will result in strategic advantage
13. Intelligence – study your opponents and learn from their strengths and weaknesses

The Art of War was written for one purpose – to serve as a training manual to win on the battlefields. Today, entrepreneurs can use it for a constructive purpose, developing strategies and tactics to start, operate and build successful, profitable businesses.



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HOWARD Hays As I See It



*"The problem with Republicans is - they just can't handle money."
- Former Gov. Howard Dean (D-VT)*

I'm always up for a challenge, and when I read in Greg's column, "This president, and no other before him, has spent more money than he didn't have - \$3 trillion over the last three years . . .", the "no other before him" part piqued my interest. I figured there were only 43 presidents before him (Grover Cleveland counted twice - as the only president to have served non-consecutive terms), so going back to determine whether the statement was true couldn't be that hard. (Grover Cleveland was also the only president to be married in the White House, and his daughter inspired the naming of the candy bar "Baby Ruth" - the type of information more often found in

Rich's column.)

Turns out I didn't have to go farther back than George W. Bush. I also went back to a New York Times column from last year by Bruce Bartlett, historian and economist who served on the staffs of former Reps. Ron Paul (R-TX) and Jack Kemp (R-NY), as a policy advisor to President Reagan and in the Treasury Dept. under President George H.W. Bush.

Bartlett cites a Congressional Budget Office report from 2001, the beginning of the Bush presidency, which projected total budget surpluses of \$3.5 trillion through 2008 if policies set under President Clinton were maintained. Those policies included the 1993 tax increases which failed to garner a single Republican vote (Vice President Al Gore cast the deciding vote in the Senate), which Republicans warned would wreck the economy, but which instead led to over 4% annual growth, the longest economic expansion in our history, and a \$236 billion budget surplus for his successor to start off with.

Policies under President Clinton also included "paygo" (pay-as-you-go), which mandated that spending increases be matched with tax increases, and tax cuts with spending cuts.

Candidate Bush used projected surpluses as a reason to cut taxes. Then, when the economy slowed, that was a reason to cut taxes. Whatever the situation, it was a reason to cut taxes. Republicans did away with paygo in 2002, and that \$3.5 trillion projected surplus for 2008 became a deficit of \$5.5 trillion.

The C.B.O., according to Bartlett, blames those tax cuts for adding \$1.6 trillion to the national debt under President Bush, and \$375 billion more in the first two years of the Obama Administration. There were also legislated increases of \$2.74 trillion in spending under President Bush, including \$121 billion for the Medicare Part D program, which explicitly bars the U.S. Government from negotiating with drug companies for lower prices (as the Veterans Administration does). Medicare Part D added another \$150 billion to the debt in the first two years under President Obama.

Bartlett cites the Center for Strategic and International Studies' \$795 billion figure for the cost of the wars in Iraq and Afghanistan through 2008, along with an additional \$488 billion from 2009 through 2011 under President Obama - who has ended one of those wars and is winding down the other.

All told, Bartlett takes the Bush tax cuts and slower-than-expected growth to come up with a \$6.1 trillion decrease in revenue, and combines that with \$5.6 trillion in spending increases to show a net loss of \$11.7 trillion from the Bush years.

In comparison, budget agreements worked out between President Obama and Congress in 2011 provide for \$1.5 trillion in spending cuts over the next ten years. Another \$930 billion in cuts was added in the "fiscal cliff" talks last month, bringing total spending cuts to \$2.4 trillion. When combined with the \$1.3 trillion in additional tax revenue agreed to as part of the deal, this makes for a net gain of \$3.7 trillion. Plus, there's the \$500 billion estimated savings in interest payments as the debt goes down - bringing the figure up to \$4.2 trillion.

That \$4.2 trillion in gains doesn't take care of the \$11.7 trillion in losses suffered under President Bush - but it's a good start, and that red ink should disappear faster as the economy continues its steady recovery; a recovery uninterrupted since the president's Recovery and Reinvestment Act took hold in January of 2010.

A big "if", though, is the \$500 billion in interest savings. There's serious concern over how interest rates might be affected should those wacky tea-baggers continue playing games with the full faith and credit of the United States by threatening our ability to pay our debts. International corporate and financial interests, though, the masters of the Republican Party, understand the havoc this could inflict on not just our, but the world economy. It's assumed the grown-ups will eventually step in and take control - assuming the grown-ups can still control the Republican Party.

One more thing from Greg's column: he criticizes President Obama's reluctance to enthusiastically embrace House Speaker John Boehner's "good faith" offer to "close loop holes and phase out deductions". Speaker Boehner's offer was basically in two parts. I think the president was fine with the "close loop holes and phase out deductions" part; it was the "But I'm not going to tell you which ones I have in mind" part he had problems with.

Greg mentions "the difference between political success and moral clarity" as if the two were mutually exclusive. For the latter, President Obama has been clear that the nation's problems must be addressed with serious commitment, concrete proposals and refusal to play games with our economy. And, there has been political success in that approach. According to a recent Pew survey, President Obama received 48% approval for his handling of the "fiscal cliff" negotiations last month, while the Republican leadership got 18%.

For those who can't accept that fact or that Republicans "can't handle money", I wish I could respond with the voice of Jack Nicholson in "A Few Good Men": "You can't handle the truth!"

JOE GANDELMAN Independent's Eye



Internet's Child Aaron Swartz Becomes Collateral Damage

FONTANA, Ca. -- It was April 9, 2005 when I met the young person who impressed me so much I'd talk about him for 7 years. I was moderating a panel discussion of bloggers at Stanford University on "eDemocracy: The Role of blogs and Online Activists in 2004" The young person: 19-year-old Aaron Swartz.

I've often told people how I was blown away by Swartz's eloquence, passion, political ideas and ideas even though I didn't totally agree with him. Clearly,

he was a genius, he was charismatic, he was full of joy, he was brimming with determination about the future -- and he was the wave of the future.

And now, at 26, he's dead.

He hung himself.

I got the news Saturday January 12. By now Swartz's story is well known: a computer prodigy at 14 whose intellect created some of what computer users take for granted and an Internet activist, Swartz was facing 35 years in prison and possibly a million dollars in fines for illegally downloading academic papers so people could read them for free.

None of the figures convicted in the Watergate scandal even faced that sentence.

This cyberspace Robin Hood ran smack into an uncaring "system" that wanted to make him a high-profile example for all to see. He suffered from severe depression and had written about it. But, in the end, his life's story, character, depression -- nothing could move inflexible institutions and prosecutors.

Haunting info on Swartz's tragic story is in a Boston Globe report by Kevin Cullen. It notes that Swartz and his attorney "had offered to accept a deferred prosecution or probation, so that if Swartz pulled a stunt like that again, he would end up in prison." The subscription service JSTOR said OK, but MIT nixed it. According to the Globe, prosecutors said no, insisting he plead guilty to all 35 felonies and serve 6 months. The Wall Street Journal says it could have been up to 7 years.

But the most damning quote for any of us who believe in helping young promising people thrive and in using BALANCE when administering justice if they cross the legal line is this quote from the Globe: "The thing that galls me is that I told [one of the prosecutors] the kid was a suicide risk," [Swartz's first lawyer] told me. 'His reaction was a standard reaction in that office, not unique to [him]. He said, 'Fine, we'll lock him up.' I'm not saying they made Aaron kill himself. Aaron might have done this anyway. I'm saying they were aware of the risk, and they were heedless."

You don't have to have been a fly on the wall to imagine someone in the prosecutor's office respond to Swartz's plea bargain offer with the phrase: "He made his bed, now he can sleep in it."

Now Swartz sleeps a deep sleep.

And I wonder: can those at MIT, the Massachusetts prosecutor's office and the Justice Department whose decisions helped lead to this chain of events sleep at night?

Sadly, I conclude -- after the inevitable sigh-I-feel-so-bad or the predictable cover-my-you-know-what comments -- the answer is: they'll move on to focus solely on their next case.

To those who knew him or knew about him, Swartz was a youthful, quintessentially idealistic, free-spirit intellect who had already changed the Internet, had a lot more he could do -- and wouldn't hurt a fly.

But to others who'd never admit it but saw him as a way to get a notch on their legal belts, make a tough statement to send a message, or get a successfully prosecuted prominent name on a resume for future political office, Swartz is now (their) collateral damage.

Joe Gandelman is a veteran journalist who wrote for newspapers overseas and in the United States. He has appeared on cable news show political panels and is Editor-in-Chief of The Moderate Voice, an Internet hub for independents, centrists and moderates. CNN's John Avlon named him as one of the top 25 Centrists Columnists and Commentators. He can be reached at jgandelman@themoderatevoice.com and can be booked to speak at your event at www.mavenproductions.com.

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SPINNING IN THEIR GRAVES GREG Welborn

For those who saw it, there is wide agreement that Ben Shapiro calling out Piers Morgan for "dancing on the graves" of the dead children from the Sandy Hook killings was both necessary and affective. Sadly, it seems a similar message is needed at The White House.

President Obama's press conference this week - following Joe Biden's hastily called and even more hastily conducted gun violence task force was a farce. The form and substance of the speech and the executive orders announced were manipulative, egregiously wrong and beneath the stature of a man of intelligence - and yes, I firmly believe President Obama to be a very intelligent man.

The President's argument rested on two primary assertions which have no factual basis or even philosophical merit. First was his claim of facing an epidemic and that the number of gun deaths is rising. He cited 900 gun deaths in just the last month since Sandy Hook. This is nonsense bordering on pathological falsehood. The President, being a smart guy, knows that the incidence of gun deaths has been decreasing over the long term as the incidence of gun ownership has been increasing. He knows that just in his first term in office (4 measly years) gun deaths have decreased. He also knows - as cited by Jeffrey Scott Shapiro, Criminal Prosecutor for Washington D.C. - murder rates have come down dramatically in D.C. since the Supreme Court overturned the gun ban in that city and the ownership of guns has increased. The President also knows that of the 900 gun deaths he cited, roughly 500 of them were suicides. I doubt that taking away a gun would have prevented these poor souls from taking their own lives in some other fashion.

The President knows that more guns in the hands of law abiding citizens means less crime, and specifically fewer gun deaths!! This statistic has been documented beyond debate.

The President's second assertion was that conservatives have once again stood in the way of science and progress by "de-funding scientific or medical research into the causes of gun violence." This, too, is empty and devoid of any connection to the truth. As Michael Medved has pointed out in conducting research for his own book, he found no fewer than 1,000 scientific studies on the causes of gun violence. The conclusions were amazingly uniform in drawing connections between the glorification of violence in movies and video games to the incidence of violence from those who are mentally unstable. There is no group of conservatives standing in the way of science and research.

All of which begs the question, why does a smart guy use the bully pulpit, at a time when we should still be mourning the loss of such innocent lives, and tell us what he knows to not be true? Pure politics is the inescapable conclusion. Elevating a problem which doesn't exist helps to deflect and mask media coverage of a national epidemic which does exist: out-of-control government spending. If left unchecked, the deficits this president is incurring will hurt millions of Americans. Jobs will be lost, saving accounts plundered, and living standards lowered if we don't control our spending and entitlement commitments.

I've reserved the best (or worst, depending on your perspective) for last. This week, we were also treated to an emotionally laden You Tube video from A-List Hollywood celebrities demanding a plan from President Obama to end gun violence. Jamie Foxx pleads to the camera that there be "No more lists!...we can do better than this! It's time for our leaders to act." He does this while his violent movie, *Django Unchained*, takes the #2 spot for gross movie revenues. Similarly, Jennifer Aniston, Cameron Diaz, and Chris Rock ask "for the children of Sandy Hook, we demand a plan!" Each and every one of them fresh off a movie release in which they use weapons or glorify violence. Chris Rock was especially hypocritical given his recent interview in which he expressed how "cool" it was to be in a movie where he gets "to kill all the white people". Of course, we can also point to the hypocrisy inherent in the Motion Picture Academy's Oscar nominations, in which a majority of best picture nominees feature scenes of graphic violence.

President Obama seeks political gain, and he's not above using kids like Grant Fritz, Julia Stokes, Hinna Zeha, and Taejah Goode to make his point. Hollywood seeks money - \$34 billion dollar from the home entertainment industry - and isn't above compromising the moral integrity of its biggest stars to make its point.

To witness what passes for leadership out of this White House or concern for public interest out of Hollywood saddens and disgusts me. If we really want to solve our real problems, the solutions are simple. Let the honest citizens defend themselves with their own weapons, keep the debt ceiling exactly where it is, and let every Hollywood star pledge to never participate in another film which glorifies violence.

About the author: Gregory J. Welborn is a freelance writer and has spoken to several civic and religious organizations on cultural and moral issues. He lives in the Pasadena area with his wife and 3 children and is active in the community. He can be reached at gregwelborn2@gmail.com



NICK THOMAS



Once again, the nation is divided. Some want a ban on semiautomatic rifles, while others are up in arms at the prospect of surrendering their right to own these nifty but nasty weapons.

Along these lines, you have to wonder what James Madison would think today.

He introduced the Second Amendment in the Bill of Rights to the first U.S. Congress in 1789.

Perhaps he was really just a terrible speller, and simply wanted to give people the right to "bare arms"? After all, America was a hot and humid place during summers in the pre-airconditioned 18th century.

Whatever his intention, we are left with the interpretation that people have the right to keep and bear arms. The word "gun," however, does not appear in the Second Amendment: citizens only have the right to "bear arms."

Arms is an abbreviation for armament which, according to our trusted encyclopedic friend Wikipedia is "a tool, device, equipment, or instrument used in order to inflict damage or harm to enemies or other living beings, structures, or systems."

This broad definition of arms would suggest that when defending your person or property, you have the right to bear sticks and stones; spears or knives; medieval spiked flails and Viking battle axes; boomerangs and slingshots; pistols, rifles, and 30's mobster style Thompson submachine guns; bazookas and Scud missile launches; and pretty much anything else you can arm yourself with for defense.

So can you really pick up a brick and hurl it at the punk trying to steal your Toyota Prius; pull out a concealed revolver and warn off a pickpocket; toss a stick of dynamite at an invading force of paratroopers landing in your rose garden; or even whip out your 30-round assault rifle and turn any assailant who threatens you into Swiss cheese?

Well, sort of. But the Supreme Court has ruled that

UP IN ARMS

some arms are just too dangerous in the hands of ordinary citizens. For instance, most of us can't own fully automatic weapons such as machine guns (banned since the 1930s), which fire continuously when the trigger is held down.

Nor can we legally buy, own, or use explosives, which is probably a good idea. I'd hate to see this scenario play out in our neighbor's home:

Husband: "Honey, pick up a six-pack at Wal-mart, will ya? Oh, and a half dozen hand grenades. Gotta move that stump in the backyard."

Oh yeah, beer and explosives in the hands of young American men!

Nor is it just the biggest and baddest arms that are prohibited. What about the world's smallest gun? Surely that little peashooter should be legal to own, right?

The Swiss Mini Gun is a 2-inch long revolver that weighs an ounce, and fires 2.34 mm bullets. It's the world's smallest gun, according to the Guinness World Records.

First made in 2005, these little guys sell for over \$6,000 and are collectors' items. But these "arms" are outlawed in the United States because the bullets disintegrate on contact and could never be recovered should ballistics evidence be needed after a crime.

So while in the interest of public safety, some arms will always remain banned, no president or Congress is going to take away your right to legally own most guns. For better or worse, it just ain't going to happen.

As for the current debate on semiautomatic weapons, banning them becomes a moot point if the capacity of gun clips is limited instead. By outlawing the use of high capacity magazines you essentially emasculate an assault weapon. So maybe you will be able to keep your AR-15 and shoot it too, just not quite so rapidly.

And if you're a hunter still up in arms because you can't take down a deer with a mere 10-round clip, then maybe you don't deserve to have a hunting license.

Thomas' features and columns have appeared in more than 270 magazines and newspapers, including the Washington Post, LA Times, Chicago Tribune, Boston Globe, San Francisco Chronicle, and Christian Science Monitor. He can be reached at his blog: <http://getnickt.blogspot.com>

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The traditions of community newspapers and the concerns of our readers are this newspaper's top priorities. We support a prosperous community of well-informed citizens. We hold in high regard the values of the exceptional quality of life in our community, including the magnificence of our natural resources. Integrity will be our guide.

President Barack Obama: NOW IS THE TIME

(This Op Ed piece was penned by President Obama for the Connecticut Post earlier this week.)



President Barack Obama signs letters written by Hinna Zeejah, Grant Fritz, Julia Stokes, and Teja Goode backstage in the Eisenhower Executive Office Building's South Court Auditorium after unveiling new gun control proposals as part of the Administration's response to the Newtown, Conn., shootings, and other tragedies, Jan. 16, 2013. The children wrote to President Obama in the wake of the Newtown tragedy expressing their concerns about gun violence and school safety. (Official White House Photo by Pete Souza)

As a society, our first task must be to care for our children -- to shield them from harm and give them the tools they need not only to pursue their dreams, but to help build this country. That is how we will be judged. And in the wake of the tragedy in Newtown, it's clear we have a long way to go. That's why, last month, I asked Vice President Biden to lead an effort to come up with concrete steps we can take right now to keep our kids safe, help prevent mass shootings, and reduce the broader epidemic of gun violence in this country. And on Wednesday, I put forward a specific set of proposals based on Joe's recommendations. Because while there is no law or set of laws that can prevent every senseless act of violence completely, if there is even one thing we can do to reduce this violence -- if even one life can be saved -- we have an obligation to try. As President, I'm committed to doing my part. That's why I signed 23 executive actions giving law enforcement, schools, mental health professionals, and the public health community the tools they need to help reduce gun violence. These actions ranged from strengthening our background check system, to helping schools hire more resource officers and counselors if they want them, to directing the Centers for Disease Control to study the best ways to reduce gun violence. But as important as these steps are, making a real and lasting difference also requires Congress to act, and act soon.

First: it's time for Congress to require a universal background check for anyone trying to buy a gun. Right now, as many as 40 percent of all gun purchases are conducted without a background check. That's not safe, it's not smart, and it's not fair to responsible gun buyers or sellers. An overwhelming majority of Americans agree with me on the need for universal background checks. There's no reason we can't get it done.

Second: Congress should restore a ban on military-style assault weapons, and a 10-round limit for magazines. Many assault rifles, when paired with high-capacity magazines, have one purpose: to pump out as many bullets as possible, as quickly as possible. Weapons designed for theaters of war have no place in movie theaters. And a majority of Americans agree.

Finally, Congress needs to help, rather than hinder, law enforcement as it does its job. They should get tougher on people who buy guns with the express purpose of turning around and selling them to criminals. And at a time when budget cuts are forcing many communities to reduce their police force, we should put more cops back on the job and back on our streets.

Like most Americans, I believe the Second Amendment guarantees an individual right to bear arms. There are millions of responsible, law-abiding gun owners in this country who cherish their right to bear arms for hunting, or sport; protection, or collection.

But I also believe most gun owners agree that we can respect the Second Amendment while keeping an irresponsible, law-breaking few from doing harm. I believe most of them agree that if America worked harder to keep guns out of the hands of dangerous people, there would be fewer atrocities like the one in Connecticut. And that's what these commonsense reforms are designed to do.

None of this will be easy. Already we're seeing pundits, politicians, and special interest lobbyists warning of a tyrannical, all-out assault on liberty -- not because it's true, but because it gins up fear, or higher ratings, or more revenue for themselves.

The truth is, there's only one voice powerful enough to make this happen: yours. If you think we've suffered too much pain to allow this to continue, put down the paper, turn off the computer, and get your Members of Congress on record. Ask them if they support universal background checks or renewing a ban on military-style assault weapons and high-capacity magazines. And if they say no, ask them why not. Ask them why getting an A-grade from the gun lobby is more important than giving parents some peace of mind when they drop their child off for first grade.

This is the land of the free, and it always will be. As Americans, we are endowed by our Creator with certain inalienable rights that no man or government can take away from us. But we also recognize that along with those rights come responsibilities. Along with our freedom to live our lives as we will comes an obligation to allow others to do the same.

It's time to do the right thing -- for the 26 innocent children and devoted educators who lost their lives in Newtown, for the men and women in big cities and small towns who fall victim to senseless violence each and every day, and for this country we love so much.

Barack Obama is president of the United States.



STUART Tolchin..... On LIFE TEMPORARY SILENCE MAY BE THE BEST SOLUTION



Last week my wife took her nephews to the zoo without me. She mentioned that her 12 year old nephew, Steven, had said "Parents take their little kids to the zoo just to make themselves think they are good parents." What he said interested me. The next day I asked him to expound upon the statement. I like talking to him like that. He explained that every time he goes to the zoo he sees parents arguing with their kids. The kids always want to run all over the park and see different animals. The parents always say it's too far to walk or something like it's too hot or it's too cold or we can see them next time. Steven said that he was sure that the parents thought that just by getting the kids to the zoo they had done enough to consider themselves good. They really did not care whether the kids had a good time or not and the last thing parents want to do is walk all over the zoo on a hot day or a cold day or any day.

Really I don't know how correct he is in his observations but what he said did strike a familiar note. Over thirty years ago, before I got full custody of my daughter, I used to only have her only on alternate weekends. On one Saturday I remember taking her and my son to Knotts Berry Farm. It got to be around 5:00 and I decided it was time to go home as traffic was already pretty bad. My daughter, who was about 5, said she didn't want to go home yet. I said we had to leave and began the trek to the car. Well, as I remember it, my daughter did not say one more word to me for the entire weekend. I realized we were in a battle, about the only one we ever had, and I didn't want to give in. I brought her back to her mother on Sunday evening and I don't think we ever talked about the matter again. For sure we never went back to Knotts Berry Farm.

These little stories tell you a lot about my family. Yes, I think my wife's nephew is on his way to being a philosopher but I reserve the right to disagree with his view of parenthood. As to my daughter and me, it is clear that she was, and is, not an easy person to cross swords with. She is remarkably tough but at the same time she is generally very pleasant. She is not a hypocrite and rarely says what she does not mean but amazingly is able to exercise her power silently. I would not like to cross swords with her in a court case today. (Remember, we are both practicing attorneys. As I have said, I have offered to work for her for free but she has refused my offer saying she cannot afford it. See what I mean.)

Steven is right, I think, that the main thing the parent wants is to feel like they are acting like a good, caring, responsible person who loves their child. This desire often conflicts with the reality of actually being with their child. Often the kid is disinterested and would rather be home with their friends. On other occasions the kid is full of energy and questions and won't leave you alone to think. They just keep talking and don't even listen to your answers. Often, and I think this may be a problem when there are divorced parents, children pick up how important it is to the non-custodial parent that they all have a good time. Trying to be cooperative they may pretend to be having a good time even when they aren't. I can remember my son complimenting my omelets by saying he really likes them runny better than when they are cooked right or something duplicitous like that.

For parents, like me, who have a disabled child there is always the feeling that one is being judged by all the strangers who are observing you. (I know that this concern does not seem politically correct but my son is now forty and I still sometimes have that concern and I don't think my insecurity is unique.) Actually, being a child or a parent, or a step parent are all pretty difficult roles. Now being a grandparent, that's probably pretty easy. I've never been a grandparent so I really don't know;—but I tend to agree with Steven; those grand parent types tend to get away with murder and expect everyone to be nice to them no matter what they do.

Yes, I'm kidding. Being a grand parent generally requires one to be old and that I am already learning is inevitably filled with new kinds of problems. So what's the final resolution? Try to be kind to everyone even if they don't deserve it. If you can't be kind just follow my daughter's example and don't say anything until you really have something kind to say. Also try not to hire relatives.



OUT TO PASTOR

A Weekly Religion Column by Rev. James Snyder

AS MY LUCK WOULD HAVE IT

I am not superstitious [knock on wood] but some things happen to me that leave me a little bit suspicious.

I am not sure if there is a connection between superstitious and suspicious, but if there were, that would explain a lot in my life.

I start every year with high hopes of making certain changes in my life. If I had a quarter for every change I wanted to make in my life but didn't, I would have all the change I need.

This past week was one of those weeks. I was minding my own business, which for me is a full-time job without benefits, and no matter what I did; I was either a day late or a dollar short.

I had to go across town for a business meeting and as my luck would have it, I hit every red light. I am not sure but it seemed that there were 1,937 traffic lights in route to my destination.

I had a gift card that I cannot remember when I got it, but I thought I would get a nice gift for myself. I selected my gift, went to the cash out counter and was informed that my gift card had expired "yesterday." I think I have just too many yesterdays in my life. I would like a card once that would expire "tomorrow". I have plenty of them.

The bookstore that I do my business was having a special on a book that I really wanted. I got to the store, stood in line for well over an hour and, as my luck would have it, the person in front of me got the last one. Where's my gun when I need it?

I believe if there are 100 people playing a \$10 million lottery I would be number 101. I come so close so many times, but you know what they say, an inch missed is like a mile missed.

When my wife and I started our marital journey, we did not take a vow of poverty. It just has turned out that way. As soon as we have a little cash ahead, my wife begins to wonder what is going to break in the house. And, as luck would have it, she is usually right.

All week long, my week went like this. All week long, I could not catch anything and then, as my luck would have it, I caught a cold. I did not set out at the beginning of the week to catch a cold. Whoever threw that cold at me I would like to find out right now. Of course, why I caught it in the first place is to be questioned. I really did not see it coming.

Why is it you cannot catch what you want but usually can catch what you do not want?

A friend of mine always reminds me along this line that, "That's life."

I caught a cold and now I did not know what to do with it.

I got up late in the morning, put on my bathrobe and went toward the kitchen wheezing and coughing as I shuffled down the hallway. When I got to the kitchen the Gracious Mistress of the Parsonage looked at me with one of "those looks" and said rather sternly, "Don't you dare give that cold to me."

I was sick but I was not too sick to know a death threat when it came my way.

When it comes right down to it, I am really a generous person. I would give you the shirt off my back if you needed it. However, when I have something like "a cold," I cannot give it to anyone. Nobody wants it! Believe me, the cold I have to give I would give freely.

"You turn around," my wife said very sternly, "and march yourself right back into bed." Not only did I catch a cold, but also I am now catching the dickens.

I must confess that I am an expert at catching the dickens. I have just never figured out what to do with it when I got it. If I was good at catching luck as I am with catching the dickens I would be the luckiest man in the world. If someone knows a profitable market for "dickens" please contact me soon.

Slowly I turned, step by step, I walked down the hallway, it seemed like of thousand miles, I finally threw myself into bed. Thankfully, the bed caught me.

And so, as luck would have it, I have caught the cold, caught the dickens from my wife, and now I plan to catch up on some sleep.

I am not sure if you starve a cold and feed a fever or if you feed a cold and starve a fever. So in my confusion, I fed myself.

Resting on my bed, I thought of one of my favorite Bible verses. "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28 KJV).

Life is full of ups and downs. Just when you think you are up you find yourself on the way down. The important thing in life is to have a safety net. For me, Jesus is my safety net and has never let me down. He will always catch me.

Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnyder2@att.net (mailto:jamesnyder2@att.net) . His web site is www.jamesnyderministries.com (http://www.jamesnyderministries.com) .

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